

## \$1.5 Million Gordon and Betty Moore Foundation grant doubles size of Vasco Caves



The newly purchased Souza property includes grasslands and wetlands that support special-status species that will benefit from the Park District's habitat conservation practices.

The East Bay Regional Park District (EBRPD) will double the size of Vasco Caves Regional Preserve in south-eastern Contra Costa County. The Park District Board of Directors in December 2004 unanimously agreed to purchase three parcels equaling 617 acres formerly owned and ranched for generations by the Souza family.

This acquisition is made possible thanks in part to a generous grant from the Gordon and Betty Moore Foundation to the Regional Parks Foundation.

"The Regional Parks Foundation was invited to apply for these funds, and we could not be more proud to be able to play a role in this important acquisition," commented Tom Williams, President of the Regional Parks Foundation Board of Directors. "We are grateful to the Gordon and Betty

Moore Foundation for making what is the largest single grant the Regional Parks Foundation has ever received!"

The Regional Parks Foundation will pass the \$1.5 million grant directly to the Park District to help fund the acquisition.

The property consists of grasslands and localized wetlands supporting a large population of special status species like California tiger salamander, California red-legged frog, and longhom fairy shrimp. Along with habitat conservation, the Souza acquisition will create a permanent buffer for one of the most important Native American cultural resource sites in the East Bay. Vasco Caves has a unique combination of these cultural resources and geological features, including rock outcrops and vernal pools. The Souza property

will bring the preserve to a total of nearly 1,400 acres. Although currently in landbank status and closed to the public, the Park District is preparing to open the preserve with guided interpretive tours.

"This is a critical link in a 30-mile-long regional wildlife corridor," said Park District General Manager Pat O'Brien. He also notes that the population of nearby Brentwood has experienced a 260 percent increase

over the last 10 years. "Now, more than ever, it is important to preserve some of the remaining open space and culture of the area. The

people who live here deserve the quality of life provided by open space and recreation opportunities. That could quickly disappear with future development," O'Brien said. Urban encroachment, the expansion of Vasco Road, Byron Airport, and the Los Vaqueros Reservoir will all impact the area.

Nancy Wenninger, EBRPD's Land Acquisition Manager, states that in purchasing the land (escrow on the \$2,961,600 purchase was scheduled to close by the end of 2004), the Park District is required to continue three wind turbine leases scheduled to expire in 2014. "Although the Park District's ownership of land containing wind turbines may be seen as somewhat controversial, for the remainder of the leases, the District will work proactively with the California Energy Commission, wind companies, and environmental groups to seek solutions to mitigate wildlife impacts," says Wenninger. The leases will produce revenue averaging about \$80,000 per year, which will be used for restoration and management of the Souza property.

Established in 1969, the Regional Parks Foundation was the first nonprofit in the United States established spe-

cifically to encourage private contributions in support of a park agency. Since then it has raised over \$35 million to support parks and programs of the East Bay Regional Park District.

The Gordon and Betty Moore Foundation was established in September 2000 by Intel co-founder Gordon Moore and his wife Betty. It funds projects it believes will measurably improve the quality of life for future generations.

Its principal areas of concern are environmental conservation, science, higher education, and the San Francisco Bay Area.

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General Info/Free Brochure:
.....(510) 562-PARK
Camping Reservations
.....(510) 562-CAMP

Cover photos by Keven Fox

Picnic Reservations

## space science

Chabot Space and Science Center offers hands-on interactive exhibits, planetarium shows, large format films and powerful telescopes. Make it a family day with a visit to the Center, followed by a picnic and a swim in nearby Roberts Regional Recreation Area.

Advance tickets call (510) 336-7300 10000 Skyline Blvd., Oakland, CA 94619 Joaquin Miller Road exit off Highway 13, left on Skyline Blvd.

www.chabotspace.org
East Bay Regional Park District is a partner wi
Chabot Space and Science Center

#### **EBRPD Board of Directors**

Jean Siri, Ward 1 John Sutter, Ward 2 Carol Severin, Ward 3 Douglas Siden, Ward 4 Ayn Wieskamp, Ward 5 Beverly Lane, Ward 6 Ted Radke, Ward 7 Pat O'Brien, General Manager



"This is a critical link in a 30-

mile-long regional wildlife cor-

ridor."-Park District General

Manager Pat O'Brien.

## Thank You, Voters, for Measure CC's passage!

The East Bay Regional Park District extends a heartfelt "thank you" to voters in the western portion of the district for supporting Measure CC on November 2, 2004. Over the next 15 years, this measure will provide more than \$45 million for maintenance and improvements in the district's oldest and most historic parks from Richmond to Alameda. Revenues from Measure CC will fund much-needed renovations and additional public access to over 20 regional parks, as well as improve public safety and preserve the natural environment.

For 70 years, the board of directors and staff of the East Bay Regional Park District have provided outstanding park and recreation opportunities, wildfire protection, and habitat protection and restora-

tion. To meet growing community needs, maintain safe and enjoyable parks and plan appropriately for the future, adequate maintenance funding is essential.

Thanks to your support, our network of regional parks, trails, and shorelines will continue to offer lifelong recreation and enjoyment with outstanding resources and service.

See our Web site (www.ebparks. org/district/measurecc\_update.htm) to see the improvements made possible by Measure CC's passage.

We thank you again for your support of the Regional Parks, and we reaffirm our commitment to providing the finest system of parks and trails for your enjoyment. Sincerely,

East Bay Regional Park District Board of Directors

## Dedicated volunteers answer Doc Quack's "Call of the Wild"

By Dave "Doc Quack" Riensche Our densely forested woodlands, cascading creeks, rolling grasslands, and magnificent marshlands are home to more than 500 fish and wildlife

species. Currently, the Park District protects and manages habitat for 70 special status fish and wildlife species. Our efforts of caring for the land ensure the preservation of native species and habitats in the East Bay region for generations to come.

Today, more than ever, the management and conservation of the District's diverse and treasured wildlife requires cautious stewardship and hands-on public involvement.

Volunteers are the cornerstone of our wildlife

program, melding their energy with the expertise of our science-based staff to produce extraordinary results. By sharing their time and talents, volunteers sustain our noble cause to promote the sound stewardship of the region's important natural resources.

Wildlife volunteers participate in numerous hands-on conservation and resource management activities that enhance wildlife habitats. Volunteer projects include re-vegetating channels with native willows and shrubs to improve an area's ecological value, creating and managing nesting habitat

for endangered birds, planting tree seedlings to enhance the regeneration of oak woodlands, placing and maintaining nest boxes, and controlling "green aliens" (noxious weeds). In addition, volunteers "immerse" themselves in the work through pond restoration efforts designed to help the region's amphibians.

Why do wildlife volunteers spend their time, energy and efforts to protect and enhance wildlife habitat in the Regional Parks? Some may say it

is because of a personal commitment to conservation or the satisfaction that volunteer service brings. Whatever the motivation, volunteer efforts have become invaluable and crucial to our Wildlife Stewardship activities.

Volunteers not only perform many indispensable, on-the-ground habitat conservation projects, but also participate in cutting-edge field research. Our trained volunteers help monitor riparian woodland songbirds, grass-land dwelling reptile populations, and wetland nesting birds. Thanks to their assistance, the Park District is implementing management strategies that are a great benefit for wildlife and future generations of park users.

The dawning of a new year is a great time to look ahead and seize the opportunity to do something truly heroic for generations to come. In our society, resource management and conservation education play key roles in shaping the future of our environment. Here in the East Bay we have an amazing array of wildlife and stunning scenery-literally, like no place on earth! And we have people of all ages who care deeply about these resources But we can only do so much. Right now, the demands for natural resource stewardship far surpass our staff's size. As you experience the sights and sounds of your East Bay Regional Parks this year, consider your special place in them and the role you can play when you answer the "call of the wild" by volunteering to preserve our rich natural grandeur.

Dave Riensche is the Wildlife Resource Analyst for the Park District and a Biology/Ecology Instructor at Las Positas College.

# Land Bank Tours for spring 2005

badger of the lizard world, is

a beautiful, long, streamlined

fing out edible insects, then

digs them up in a rapid frenzy

Bob Doyle, the Park District's Assistant General Manager of the Land Division, will continue the popular "Land Bank Hikes" series that began last year.

These personally guided, monthly hikes are tours through rugged, unde-

veloped scenic land banks that provide opportunities to see recently acquired property not yet open to the public.

This year, Bob's hikes begin with repeat tours by popular demand of Brushy Peak Regional Preserve

(Saturday, March 19) and Vasco Caves Regional Preserve/Souza property (Saturday, April 16). The remaining hikes for 2005 are yet to be determined.

The cost to attend is \$10 and all proceeds go to the Ivan Dickson Trail Maintenance Fund, improving trails throughout the Regional Parks. Thus far, \$2.586 has been raised through the Land Bank Hikes series for important trail enhancements.

Call early to reserve as space on this year's hikes as space is limited. For more information or to sign up, call (510) 636-1684 (510-633-0460 TDD) or visit www. ebparks.org.

March 19-Hike Brushy Peak and have a preview of this wonderful area currently under development. The preserve comprises 1,500 acres of wildflowers, birding, and sweeping views. The hike is a rigorous 3- to 4-mile round trip

and includes difficult elevation gains. There may not be facilities available at the time of the hike.

This will be a great opportunity to learn about the process of acquiring, banking, and developing a regional preserve. The

Park District's Resource Enhancement Program is providing \$2,000,000 in funding for habitat restoration. The work is scheduled for completion, and the preserve is to be opened, later this year.

April 16-Explore Vasco Caves on Bob's guided exploration through the newly acquired Souza property (see story on facing page). In addition, see the carefully protected caves that are sacred to Native Americans. See vernal pools, wildflowers, rare plants, a thriving bird community, and stunning vistas of East Contra Costa County. The hike is a rigorous 2-mile loop and includes uphill climbs. There are no facilities.



Brushy Peak.

## Beverly Lane elected Board President for 2005

Beverly Lane of Danville was elected in December 2004 as President of the East Bay Regional Park District's Board of Directors for 2005.

Lane has served on the the Park District Board of Directors for over 10 years. Prior to joining the Board, she had an extensive record of public service, which includes

several terms as the mayor of Danville.

Lane was the founding president of both the Danville Association and Musseum of the San Ramon Valley and she co-founded the Iron Horse Regional Trail. Lane replaces previous President Doug Siden of Alameda, who remains active on the board.

Other executive officers for 2005 include Carol Severin of Castro Valley as Vice President, John Sutter of Oakland as Treasurer, and Ayn Wieskamp of Livermore as Secretary. Ted Radke of Martinez and Jean Siri of El Cerrito also serve on the board.

# EAST BAY REGIONAL PARK DISTRICT

AND

#### KAISER PERMANENTE

are proud partners in 2005 with the mutual goal of promoting health and fitness.

# Health Matters

Did you know that taking 10,000 steps a day (about 5 miles) can improve health and reduce the risk of chronic disease? Research shows that moderate physical activity added to your daily life can be as beneficial as an intense workout. Physical activity also contributes to muscle, bone, and joint health, helps us feel better, and gives us more energy.

Try these 3 simple steps for

1. Take it one step at a time. Remember to start at a level that is comfortable for you—if this means a 5- or 10-minute walk twice a day, that is fine.

2. Warm up and cool down. Take five minutes to walk slowly and do some gentle stretches before you begin and when you are finished exercising.

3. Include the three kinds of physical activity. A little of each type of activity is best.

1.—Stretching muscles enhances flexibility and helps prevent injury.

2.—Strengthening and toning your muscles through calisthents or weight lifting increases muscle mass and metabolism.

3.—Aerobic activity is important for heart, blood vessels, and lung health. Walking, jogging, dancing, bicycling, and swimming are all good aerobic activities.

#### A word about safety

If you are over 50 years old or have a health problem, you should consult your physician before beginning a physical activity routine. If you experience dizziness, faintness, nausea, or chest tightness, stop. Finally, always wear appropriate clothes, reflective wear at night, and comfortable shoes.

Kaiser Permanente is a major sponsor of the Park District's 2005 Trails Challenge. To learn more about getting in shape and healthy lifestyles, including The 10,000 Steps® Program, log onto Kaiser Permanente at www. kp.org (you do not need to be a member of Kaiser to join these programs).

#### Plan now for a Regional **Parks Summer Camp**



The Park District's Recreation Department is collaborating with a wide variety of day camp providers to offer your child an exciting summer in the Regional Parks. Day camps

fill-up quickly, so plan ahead. Our Day Camp Directory will be available mid-March. To receive your copy, please call (510) 544-2512 or send an email to Recreation@ebparks.org. Camperships are available to qualifying families.

#### Lake Chabot Tour Boat

Tour scenic Lake Chabot by boat. Group charters are available. Public tours on weekends (Memorial Day through Labor Day), Call for time schedule and information: (510) 247-2526.

#### Seasonal Employment Available

The Park District offers a variety of seasonal full-time and part-time jobs working in the parks, ideal for students. For more information, visit the Human Resources Department at 2950 Peralta Oaks Court in Oakland, CA 946045, or phone (510) 544-2154



#### DOCENT TRAINING

Sunol Regional Wilderness-Sunol will offer a 12-week training course beginning Tuesday, Jan. 18, preparing new docents and volunteers to assist naturalists with natural and cultural history programs, and resource and stewardship projects. For more information, call (925) 862-2601. Fee: \$50 (non-res. \$56).

Ardenwood Historic Farm-Would you like to share your enthusiasm for history with others? We're looking for people who want to learn to cook on a wood stove, demonstrate antique farm machinery, and teach historic crafts such as spinning, weaving, and toy making. No experience is necessary, just a willingness to dress in period costume and help our interpretive staff create a friendly, welcoming atmosphere for visiting schoolchildren and families. Our six-session training course will begin in March. Call (510) 796-0199, or email ardenwoo@ebparks.org for an application and details.

## Nature Nearby is available on the Web

Nature Nearby is a bimonthly newsletter featuring Park District programs and activities, and topical feature articles written by the interpretive, recreation and aquatics staff. Inside you'll find a handy pullout calendar publicizing programs at our six Visitor Centers or the recreation and aquatics units. Nature Neaby is available at www.ebparks.org. To receive a current calendar from your favorite Visitor Center or to get your monthly calendar as an email newsletter, please call (510) 544-2550. or email us at naturenearby@ebparks.

It is our sincere hope to continue the publication and distribution of this newsletter at Visitor Centers, but the impacts of the State budget on EBRPD's operations may make this impossible. However, it will always be accessible on our website.

## Trails Challenge and May Marathon

Commit to get fit in your Regional Parks by joining this extremely popular, self-guided hiking program! The 2005 Guidebook has 20 of the best hikes in the East Bay Regional Park District. Sign up for the Trails Challenge or May Marathon: all participants receive a guidebook, T-shirt, commemorative pin, and special gift. Plus, we offer family discounts. Call (510) 636-1684, or visit our Web site at www.ebparks.org for information.



#### **Botanic Garden** Plant Sale and **Docent-Guided** Tours

Native Plant Sale-Saturday, April 16, 2005, 10 a.m. to 3 p.m., at the Regional Parks Botanic Garden in Tilden Regional Park, Berkeley (Wildcat Canyon Road & South Park Drive, near the Brazil Building). A fun day for all who love California native plants. Garden staff and docents will be ready to enlighten and entertain us. For more information, call (510) 841-8732 or see www.nativeplants.org. All proceeds benefit the Regional Parks Botanic Garden. Please bring cardboard boxes, if possible, to carry your purchases, and an umbrella if it rains. Refreshments will be available.

Docent-Guided Tours-Learn about California native plants in this beautiful, naturalistic 10-acre garden. Free docent-guided tours are offered Saturdays and Sundays at 2 p.m. The garden is open daily 8:30 a.m.-5 p.m. Admission and parking are free. The garden is located at Wildcat Canyon Road and South Park Drive in Tilden Regional Park in Berkeley (South Park Dive is closed through March). Docent training is offered at the garden on Tuesdays, 9:30 a.m.-12:30 p.m., beginning after Labor Day. For more information see www.nativeplants.org, call the garden at (510) 841-8732, or contact Garden Director Glenn Keator at gkeator@aol.



Campers relax to the sounds of strumming six-strings at last year's Two Day Town event at Del Valle

The fifth annual Two Day Town-The East Bay's only camping and music weekend-occurs April 22, 23, and 24 at Lake Del Valle, just south of the Livermore Valley.

Enjoy family camping and community music at its finest. This year, the event introduces a new feature-NapTime!-from 3-6 p.m. on Saturday.

Come on out and join Doc Hales' Wilderness Initiation Walks, and check out the 25 bands and dance troupes, or just do nothing for a couple of days. Rain AND Shine, it

is happening.

Enjoy yoga, massage, the Fretted Friends Camp Music Store, Redmond's Garden Song Cafe, Bobby's Bike Tour, and more!

Bring the children to enjoy kids and family activities on Saturday and Sunday. A weekend pass is \$50, a oneday pass is \$25, or become a Two Day Town Volunteer. Kids 2 and under get

"Leave No Trace" camping practices are respected at this event-you bring it in, you take it out.

For more information and a flyer, call (510) 287-9095 or go to eastbaymusicscene.com.

## REGISTER ONLINE WITH WEBREG



Did you know that you can now register for events and programs online through the Park District's website? WebReg is a great way to get information about upcoming programs, register online for recreation and interpretive programs, find out about upcoming special events and gather information on reservable facilities for weddings, reunions, and family picnics. It's quick and easy to use. Go to www.ebparks.org and look for the link to WebReg in the middle of

Browse upcoming activities, programs, and facilities by clicking the "Programs & Activities" or "Facili ties" tabs above. Please note that some of our programs and activities require no registration or are not available for online registration. This is noted at the end of each program description paragraph. To register online you will need a Customer ID Number and Pass-

word. If you have registered for programs through the Regional Parks Reservations Services Office, the system has already assigned them

for you and (if you gave us your current e-mail address) all you have to do is use the "Forgot My Password" feature on the "My Account" tab above. If we don't have your e-mail address, call the office during business hours and we will add it to your customer record so you may access your Customer ID Number and Password.

If you have never registered for a program with us before, you can create a new account by going to the "My Account"tab above and clicking on the "Create New Account" button. Once you've been added to the database, you can register for programs open for online registration. WebReg online registration is a new feature that we hope you will find very useful. We welcome your feedback and we will make every effort to improve our service to you. If you have any questions, please contact the Reservations Services Office Monday through Friday between 8:30 a,m. and 4:30 p.m. at (510) 562-2267 or send us an e-mail at reservations@ebparks.org.

#### **ROBERTS POOL**

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 6 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability.

Registration required: (510) 636-1684. Phone. walk-in, or internet registration only, no mail-in ation accepted

#### SKILL LEVEL DESCRIPTIONS:

Parent and Me-for children 6 months to 5 years, must be accompanied by an adult in the water, designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No pre-requisite.

Level 1-Water Exploration: for age 5 and older, skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety. No

Level II-Primary Skills; skills include unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite Level I skills.

Level III-Stroke Readiness: skills include object retrieval, jump/dive recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Prerequisite: Level II skills.

Level IV-Stroke Development: front/back crawl and elementary backstroke, introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Prerequisite: Level III skills.

Level V-Stroke Refinement: continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

Level VI-Advanced Skill Proficiency: technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Prerequisite: Level V skills.

#### MORNING SWIM LESSONS

Staff Roberts Pool, Oakland Group lessons for children. Ten half-hour lessons scheduled on weekday mornings for two consecutive weeks. Bring a picnic lunch. (Please note denotes 45-minute classes at \$70/sesson. Level V is 10:45-11:30 a.m., Level VI is 10-10:45 a.m.) Registration required: (510) 636-1684

# Fee: \$50/session (non-res. \$56)

Session 1: 6/13-6/24 (MonFri.)								
10-10:30am	Levels II, III, IV, VI*							
10:30-11am	Levels I, II, IV, V*							
11-11:30am	Levels I, II, III							
11:30-noon	Parent and Me, II, III							
Session 2: 6/27-	Session 2: 6/27-7/8 (MonFri.)							
10-10:30am	Levels I, II, III, IV							
10:30-11am	Levels I, II, III, IV							
	Levels I, II, IV, V							
11:30-noon	Parent and Me, II, III							
Session 3: 7/11-7/22 (MonFri.)								
10-10:30am	Levels II, III, IV, VI*							
10:30-11am	Levels I, III, IV, V*							
11-11:30am	Levels I, II, IV							
11:30-noon	Parent and Me, II, III							
Session 4: 7/25-	Session 4: 7/25- 8/5 (MonFri.)							
10-10:30am	Levels I, III, IV, V							
10:30-11am	Levels I, II, III, IV							
11-11:30am	Levels I, I, II, IV							
11:30-noon	Parent and Me, II, III							
Session 5: 8/8-8	Session 5: 8/8-8/19 (MonFri.)							
10-10:30am	Levels II, III, IV, VI*							
	tt- Y YET TV/ V/sk							

Levels I. I. II

Session 6: 8/22-9/2 (Mon.-Fri.)

Parent and Me II III

Levels I, III, IV, V

Levels I, II, III, IV

Levels I, I, II, IV

.. Parent and Me, II, III

11-11:30am

10-10:30am.

10:30-11am.

11-11:30am

11:30-noon

#### **EVENING SWIM LESSONS**

Roberts Pool, Oakland Group lessons for children and adult beginners. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks. Bring a

picnic dinner. Registration required: (510) 636-1684 Fee: \$50/session (Non-res. \$56) Session A: 6/13-6/24 (Mon.-Fri. 6-6:30pm ...Parent and Me 6:30-7pm Levels I II

7-7:30pm Levels III IV Session B: 6/27-7/8 (Mon.-Fri. 6-6:30pm ..Parent and Me 6:30-7pm Levels I. II 7-7:30pm Levels III. Adult Beginner

Session C: 7/11-7/22 (Mon.-Fri.) Parent and Me 6:30-7pm Levels I, II Levels III IV 7-7:30pm Session D: 7/25-8/5 (Mon.-Fri.)

6-6:30pm ....Parent and Me 6:30-7pm Levels I. II 7-7:30pm Levels III, Adult Beginner Session E: 8/8-8/19 (Mon.-Fri.) 6-6:30pm .Parent and Me

6:30-7pm Levels I. II 7-7:30pm Levels III, IV Session F: 8/22-9/2 (Mon.-Fri.) 6-6:30pm Parent and Me 6:30-7pm Levels I II 7-7:30pm Levels III, Adult Beginner

## PRIVATE SWIM LESSONS

Roberts Pool, Oakland 6/13-9/2, Mon/Tues or Wed/Thurs/Fri. 7:30-8pm

Want to improve your swimming skills? Does your child need special attention? Private lessons are offered for all ages and consist of one-on-one instruction to achieve maximum results. Two and three-day sessions available. Includes half-hour lesson each day

Registration required: (510) 636-1684 Fee: \$45/two-day session (Non-res. \$51) \$65/three-day session (Non-res. \$73) RECREATION SWIM

Roberts Pool, Oakland 11am-6pm, Sat, Sun. & Holidays 3/27-10/9 3:30-5:30pm, Mon. 6/13-8/29

12:30-5:30pm, Tues.-Fri. 6/14-9/2 Enjoy swimming in an outdoor pool. Pool is 25 yards long, heated, disabled accessible; lifeguard service provided. 15-minute adult swim every hour. Children under 1 year get in free Information: (510) 636-1684.

#### Fee: \$3/adult, \$2/senior, child & disabled DISABLED SWIM

Roberts Pool, Oakland 12:30-3:30pm, Mondays only: 6/13-8/29 Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.

#### Information: (510) 636-1684. Fee: \$3/adult, \$2/senior, child & disabled PRIVATE POOL RESERVATIONS

Roberts Pool, Oakland M-F daytime only, 3/28-6/10 M-F daytime only, 9/6-10/7 Roberts Pool is a perfect facility for a swim party. Lifeguard service is provided. 150 person maximum; alcohol not permitted. Registration required: (510) 636-1684.

#### **CONTRA LOMA**

Fee: Call

Contra Loma, Antioch Group lessons for children. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks (Monday-Friday). See skill level descriptions at left.

Session 1: 6/13-6/24 Session 4: 7/25-8/5 Session 2: 6/27-7/8 Session 5: 8/8-8/19 Session 3: 7/11-7/22

5:30-6pm.: .. Parent and Me, I, II, III ..Levels I, II, IV, V 6-6:30pm .. Parent and Me, I, II, III 6:30-7pm ...Levels I. II, IV, V Fee: \$50/session (Non-res. \$56) Reg. Required: (510) 636-1684

## = Wheelchair accessible program

#### OPEN WATER

#### SNORKEL/SCUBA EXPLORATION

Shadow Cliffs Local Dive Stores Ongoing, call for dates & times Snorkeling and scuba lessons for beginners, and specialty classes for certified divers. (12+vrs Info: (510) 544-2512 Fee: Call

#### LAP SWIM

April-October during regular swim hours Swim laps in a lake-no chlorine, no walls, large lanes! Bring goggles, cap, kickboard, pull bouy and hand paddles as desired.

Available at Lake Anza (Tilden), Quarry Lakes, Shadow Cliffs and Lake Temescal Info: (510) 636-1684

#### JUNIOR LIFEGUARDS

9am-3pm, Mon.-Fri. (2-week sessions) Available at six locations;

Daily extended care available 3-6pm Beach and water fun for youth. Instruction in water safety, first aid, CPR, lifeguard skills and equipment, and physical conditioning. Emphasis is on self-esteem, teamwork and fun. Must complete a 50-vard swim test the first day. Pre-testing is available. (9-15yrs)

Reg. Required: (510) 636-1684 Fee: \$190/2-week session (non-res. \$210) 10% discount for siblings and multiple sessions

Mandatory Uniform: \$30-shorts, T-shirt, hat Optional extended care 3-6 p.m. daily:

Course #	.Date	Park Location
8510	. 6/20-7/1	Lake Anza
8515	.7/11-7/22	Lake Anza
8527	.8/1-8/12	Lake Anza
8511	.6/20-7/1	Contra Loma
8517	7/11-7/22	Contra Loma
8522	.8/1-8/12	Contra Loma
8512	6/20-7/1	Cull Canyon
8518	7/11-7/22	Cull Canyon
8523	.8/1-8/12	Cull Canyon
8513	6/20-7/1	Quarry Lakes
8519	7/11-7/22	Quarry Lakes
8524	8/1-8/12	Quarry Lakes
8514	6/20-7/1	Shadow Cliffs
8520	7/11-7/22	Shadow Cliffs
8525	.8/1-8/12	Shadow Cliffs
8515	6/20-7/1	Lake Temescal
8521	7/11-7/22	Lake Temescal
8526	.8/1-8/12	Lake Temescal
	Course #	Course # Date   Sept.   Date   Sept.   Sept.

#### RECREATION

For Recreation program information, call (510) 544-2553 or email recreation@ebparks. org. Special Cancellation Policy applies for all Recreation programs; see page 11. All classes dependent on registration minimums

## MAY MARATHON &

= Parking fee may be charged

TRAILS CHALLENGE Join us for this extremely popular, self-guided hiking program! With your registration you will receive the 2005 Guidebook filled with 20 of the best hikes in the Park District. This year, Trails Challenge (#9035) invites you to hike 5 of the 20 trails by December. Participants receive the 2005 commemorative pin, the Trails Challenge T-shirt and a special gift! May Marathon (#9036) invites you to complete 26 miles during the month of May. You will receive the com memorative pin, the long-sleeved May Marathon T-shirt, and the special gift! These programs are a great way to see new parks, get outside, be active, and get healthy. Trails Challenge Family Discount: The first participant joins at regular price and each additional family member is \$1 off! This discount is not available for online registration. Discounts will not be given once online registration is completed. To receive the discount you may register by mail, phone or fax. Please sign up for one or the other. Note: only one T-shirt will be awarded per program. If you would like both shirts, sign up for both programs. Thanks for joining! Reg. Required (510) 636-1684. May Marathon Fee: \$17 (non-res. \$19) Trails Challenge Fee \$12 (non-res, \$14)

SURVIVAL & OUTDOOR SAFETY CAR 9am-4pm, Sat, Feb 12 #8600, Mar 12 #8601. Apr 10 #8602 Gene Ward This workshop, taught at Lake Chabot by one of the country's leading experts in wilderness survival, is packed with information for outdoor enthusiasts. Learn how to dramatically increase your chances of staying alive when things don't go as planned. Activities and demonstrations include making survival kits, making emergency storm shelters, fire-starting techniques, map-andcompass 101, emergency signaling techniques, knots and lashings, and food and water procurement. 17+vrs.

Reg. Required: (510) 636-1684 Fee: \$50 (non-res. \$56) INTRO TO GOLF

1-3pm, Sat, Feb 12 #8621 Amer. Golf Corp. 5-7pm, Tue, Feb 22 #8622 10am-noon, Sat, Mar 5 #8623 1-3pm, Fri, Mar 18 #8624 5:30-7:30pm, Thu, Apr 7 #8625

This introductory clinic at the Tilden golf course teaches pre-shot fundamentals, terminology, equipment overview, and full-swing fundamentals. Instructors will discuss how you can continue if you'd like to play on the course. Golf balls and loaner clubs provided. Participants receive a \$20 range card for the driving range and \$20 off a future class at the course. This class must have foour people-learn how to golf and invite your friends! 14+yrs

Reg. Required: (510) 636-1684 Fee: \$50(non-res \$56) INTRO TO FLYFISHING

10am-4pm, Sun, Feb 13 #8612, Mar 13 #8613 Apr 10 #8614 This informative day is geared toward the beginning angler. Spend three hours at Lake Anza to practice casting with a certified fly-casting instructor, then enjoy three hours of classroom instruction for an introduction to knots, fly selec-

tion, reading the water, and more. 18+ Reg. Required: (510) 636-1684 Fee: \$60 (non-res, \$66) BEGINNING

PORTRAIT PHOTOGRAPHY 8am-noon, Sat, Feb 19 & 26 #8596, Apr 9 & 16 #8597

Jack Ligon Join us for a fabulous photography class at Lake Chabot that will leave you seeing from a brandnew perspective. Posing, composition, light, and color will be covered. Your personal style and vision will be enhanced by the many stimulating class exercises offered. Create studio-like portraits in the great-outdoors. Any camera will

Reg. Required: (510) 636-1684 Fee: \$65 (non-res. \$73) BASICS OF TROUT FISHING 7-9am. Sat. Feb 26 #8649

The Regional Parks have some of the best fishing around, so join this class at Shadow Cliffs where participants are introduced to the basics of trout fishing. Learn about ecology, casting techniques, knot tying, gear selection, and the different types of bait. This class includes hands-on fishing! Rods and reels provided. A valid California fishing license is required for participants 16+. Parent participation required for children 5-15. Reg. Required: (510) 636-1684 Fee: Adult \$19/Child \$15 (non-res. \$21/\$17)

DISCOVER KAYAKING 11am-3pm, Sat, Feb 26 #8607, Sat, Mar 26 #8608, Sat, Apr 30 #8609 Current Adventures This course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water from certified instructors. Beginners learn equipment selection and basic paddling techniques while touring Lake Chabot in a single kayak (double kayaks

available upon request and for adult/child paddlers). Includes a stop for a shared potluck lunch. Parent participation required for youth age 5-13. Reg. Required: (510) 636-1684

Fee: Adult 14+yrs. \$79/Child 5-13 \$59 (non-res. \$87/\$65)

LI AMA DAV HIKE

10am-4pm, Sat, Mar 5 #8615, Sun. Mar 6 #8616. Sat, Mar 26 #8617, Sun, Mar 27 #8618, Sat, Apr 9 #8619, Sun, Apr 10 #8620 TAMAS Experience the wonderful world of llama packing in Redwood Regional Park! Experienced llama packers will guide this 4-6 mile day hike. Llamas carry your picnic lunches and personal items and you will have the opportunity to lead a llama for part of the trip while learning about handling, caring for, and packing with llamas. This is one of our most popular hikes yet! 8+yrs

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Reg. Required: (510) 636-1684 Fee: \$35 (non-res. \$39)

8-10am, Sat, Mar 12 Quarry Lakes #8779, Sat, Mar 19 Del Valle #9799 Apr 2 Shadow Cliffs #8781, Apr 16 Lake Chahat #8783 Mike Hawley Learn how to catch the "big one"! In this new class, participants will learn the basics of bass fishing including rigging, casting, knot tying, ecology and conservation, and fish behaviors. There will be hands-on fishing time during which participants will demonstrate what they have learned. Come join us for this great new class! Rods and reels are available upon request. A valid California fishing license is required for

participants 16 and older. Reg. Required: (510) 636-1684 Fee: Adult \$19/Child \$15 (non-res. \$21/\$17) BOAT TO BROOKS

SA CT ABOARD DELPHINUS 8am-2pm, Sun, Mar 13 #8626 Dolphin Charters Join us for a relaxed boat ride. Destination: Brooks Island! Participants will be ferried to the island to enjoy a guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate, and tea are provided. This is a trip you don't want to miss! 12+yrs.

Reg. Required (510) 636-1684 Fee: \$65 (non-res, \$73)

FIELD PHOTOGRAPHY SAMPLER 8am-noon, Sat, Mar 19 Diablo Foothills #8603, Sat. Apr 9 Del Valle #8604 Richard Reebe Join us for these guided camera-walks to experience the constantly changing light on the East Bay hills. We will consider a variety of ways to photograph the scenery. No experience or special camera required. Bring a tripod and good walking shoes, Rain will cancel. 16+yrs.

Reg. Required: (510) 636-1684

Fee: \$35 (non-res. \$39) SELF-FULL-NESS

9am-4pm, Sat, Mar 19 #8599 Jack Ligon This class is for people who want to learn how to feel good and take control of their lives! The class is taught by experienced behavioral modification instructor. Jack's "self-FULL-ness" methods teach you how to get what you want and how to realistically give to yourself and to others. You will learn techniques on how to say 'no' in a firm, yet pleasant manner and how to find out what you really want in life. Participants must purchase the book: "When I Say No, I Feel Guilty"; read Chap. 1 before class. 18+yrs.

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Reg. Required: (510) 636-1684 Fee: \$79 (non res. \$87) ON-STREAM FLY CASTING

TECHNIQUES

8:30am-2:30pm, Sun, Mar 20 Shadow Cliffs #8592, Sun, Mar 27 Sunol #8593, Sun, Apr 17 Shadow Cliffs #8594 Lois Kilburn This class will focus on how to read moving water, how to strengthen your techniques of fishing on moving water, mending, reach casts, curve casts, and dry fly fishing. This is a skills-only class. Hooks are not used, 15+yrs.

Reg. Required: (510) 636-1684 Fee: \$60 (non-res. \$66)

BROOKS ISLAND KAYAKING TOUR ( ) 11am-4pm, Sat, Apr 9 #8610 Current Adventures Come join us for an exciting day of kayaking and exploration! Instructors will give a brief introduction to equipment and strokes during a trip through the Richmond Harbor. The trip is an easy, short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island

shoreline then come ashore to enjoy a guided, 2-mile hike around the island which is normally closed to visitors. Includes a stop for a shared potluck lunch 14+vrs

Reg. Required: (510) 636-1684 Fee: \$85 (non-res. \$95) INTRO TO BAY KAYAKING

11am-4pm, Sat April 16, #8975 Current Adventures

If you were with us for Discover Kayaking or have basic kayaking knowledge, come join us for this INTERMEDIATE class! This is an indepth focus on skills necessary to go paddling on your own. At Martin Luther King Shoreline, learn proper strokes and maneuvers, tide/current basics, and capsize recovery while paddling on the bay. Plus, you'll earn a certificate enabling you to rent your own kayak. The marshlands also offer great opportunities for viewing shorebirds while you learn to navigate the bay environment. Includes a stop for a shared, potluck lunch.

Reg. Required: (510) 636-1684 Fee: \$85 (non-res. \$95) HOW TO FEEL GOOD, ALL THE TIME Jack Ligon 9am-1pm, Sat, Apr 23 #8595 We are all innately born to feel good all the time. Discover how easily you can begin to feel this way by learning the powerful techniques of positive thinking and relaxation. Take four hours of your life to find out how to feel content, happy, and positive, 15+vrs.

Reg. Required: (510) 636-1684 Fee: \$55 (non-res \$61)

BROOKS ISLAND ADVENTURE 9am-3pm, Sat, Apr 23 #8606 Cal. Canoe & Kayak This guided, instructional day trip to Brooks Island is an easy, short paddle in stable, double kayaks -an excellent introduction to kayaking for beginners that includes instruction on paddle strokes, equipment, etc. Enjoy a guided, relaxed, 2-mile hike around this island's shoreline normally closed to visitors. 14+yrs

Reg. Required: (510) 636-1684 Fee: \$85 (non-res. \$95)

**省内国本** FULL MOON KAYAK 7-10pm, Sat, Apr 23 #8611 Current Adventures This unique course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water. Participants will explore the lake during twilight and return to the marina as the moon rises. A brief introduction to the equipment and paddle strokes will be provided for those who have never kayaked. Parent participation required for youth 5-13. 5+yrs.

Reg. Required: (510) 636-1684 Fee: \$59 (non-res. \$65) PARK'N IT SUMMER DAY CAMP 8:30am-4:30pm, Jun 27-Jul 1 MLK #8627, Jul 5-8 MLK #8633, Jul 11-15 Contra Loma #8634, Jul 18-22 Contra Loma #8635, Jul 25-29 Arden-wood #8636, Aug 1-5 Ardenwood #8637 Join us for six weeks of fun in the sun and park explorations, including swimming, hiking, arts & crafts, games and more! Six one-week sessions at three locations. 10% discount for each additional child in family or for additional sessions when enrolled in more than one. This discount is not

available with online registration. 5-13yrs. Reg. Required: (510) 636-1684 Fee: \$200 (non-res. \$220) PARK'N IT SUMMER DAY CAMP EXTENDED CARE

Extended care will be offered on-site from 4:30 pm to 5:30 pm daily at each Park'n It program location (see description above). No prorated fees for days missed

Reg. Required: (510) 636-1684 Fee: \$20/week (non-res. \$22)

#### ARDENWOOD

Ardenwood is open Tues.-Sun. 10 a.m.-4 p.m. House tours are available by reservation only (call 510-791-4196). Food service, blacksmithing demonstrations and horse-drawn train rides will return in April.Admission fees apply For program and fee info: (510) 796-0663, ood@ebparks.org or www.ebparks.org GATHERING OF THE SCOTTISH CLANS 10am-4pm, Sat, Apr 2 Tri-City Scottish/Staff Celebrate Tartan Day as Scottish folk from all over the area gather their clans and celebrate their heritage. Enjoy bagpipe bands, traditional Scottish food, and historic re-enactments including Mary Queen of Scots and her Court. Enjoy Clan Society exhibits, Scottish food and vendors, Highland dancing and special games for children. Special Event Fee: Adult \$8/4-17yrs \$5/ Senior \$6/under 3 free

ARDENWOOD FARM DOCENTS

Christina Garcia March Share your enthusiasm for history! We're looking for people who want to learn to cook on a wood stove, demonstrate antique farm machinery, and teach historic crafts such as spinning, weaving, and toy making. No experience necessary, just a willingness to help our staff create a welcoming atmosphere for schoolchildren and families. Our six-session training course begins in March. Call (510) 796-0199 or email ardenwoo@ebparks.org for an application and details.

AFTERNOON ANIMAL FEEDING

Interpretive Staff 3pm, Every Thurs-Sun Help check the henhouse for eggs and bring hay to the livestock for their evening meal. You'll learn all the animals' favorite foods as you help shut the farm down for the day

MONARCH BUTTERFLY WALKS

Interp. Staff 10:30am & 1:30pm, Sat, Feb 5 Interp. Staff Join us on a tour of Ardenwood's Monarch overwintering site. View clusters of butterflies hanging from the branches of our eucalyptus trees and learn about the migration of these majestic insects. These half-mile walks last one hour, MONARCHS FOR KIDS

11am-12:30pm, Sat, Feb 5 Children will learn about the fascinating life of the Monarch butterfly as they are transformed into the different stages of metamorphosis during a brief skit. Then we will walk to the eucalyptus grove to look for over-wintering monarchs. This program is designed especially for children. MEET THE MONARCHS

Noon-1pm, 2-3pm, Sun, Feb 6 Interp. Staff Discover the life cycle of the Monarch butterfly during a 30-minute slide show. Learn about the incredible journey they make each year, and the increasing threats to their survival. Afterwards, take a hike to see over-wintering Monarchs.

BEGINNERS BIRDWALK 10-11:30am, Sat, Feb 12 Christina Garcia Wander through the farm looking and listening for birds. Watch for red-shouldered hawks, and learn a few easy tips to help identify sparrows, thrushes and flycatchers as well as other common

vinter residents. Bring binoculars. 8+yrs. DROP-IN KNITTING 11am-noon, Sat, Feb 12, Sun, Mar 6 Jennifer Ferreira 1-2pm, Sat. Apr 16 Learn to knit or bring a project to this knitter's circle. Explore the history of this traditional art and see how knitting has changed over the centu-

ries. All skill levels welcome. 9+yrs. FAN LANGUAGE Noon-1:30pm, Sat, Feb 12 Amy Baldwin It wasn't proper for Victorians to make their intentions known. Proper ladies used a fan to send messages of interest. Learn the ladylike art of fan

language; create your own paper fan. FARMYARD STORIES AND SONGS 11am-noon, Sun, Feb 13 Tara Reinertson Rise up singing and learn how to yodel! We'll

sing and hear stories as we snuggle up by the wood-burning stove and share hot apple cider. Afterwards we'll go greet the farm animals. FOR WHAT AILES YA

1:30-2:30pm, Sun, Feb 13 Reinertson/Nicholas It's the dead of winter and do you have a cold or flu that won't go away? What do you do? Great grandma knew the answers! Come to the farm and discover old remedies for winter ailments. FARM STORIES

10:30-11:30am, Sat, Feb 19 Christina Garcia Learn who lives in the big red barn and what happened when Farmer Brown sheared his sheep. Gather around the wood-burning stove and hear stories about farms and farm animals. Afterwards we'll visit the goats, sheep, rabbits and chickens. MEET THE BUNNIES

Noon-Ipm, Sat, Feb 19, 26 Interpretive Staff Meet the farm rabbits. Learn why they have big ears, what they like to eat, and how they communicate. Find the softest part of a bunny.

STALKING THE WILD RADISH

1:30-2:30pm, Sat, Feb 19 Christina Garcia Did you know that many common weeds are edible? Tour the farm and sample miner's lettuce. wild radish, and more. Learn to identify poison hemlock and other plants you don't want to eat. NATURE JOURNALING

10:30am-noon, Sun, Feb 20, Apr 24 Reinertson Foster your kinship with the natural world through the practice of journaling. Through drawing and writing we will discover how slowing down and taking time to observe the world around us can open doors to a new way of know ing nature. Bring a sketch pad/drawing supplies. BARNYARD BUDDIES

11am-noon, Sun, Feb 20, 27, Mar 13, 20

Interpretive Staff Here's your chance to get up close to all your barnyard pals. Feed the goats, pet a bunny, greet the heifers and tickle a chicken (if you dare). HARITAT RESTORATION

Tara Reinertson 1:30-3pm, Sun, Feb 20 Why wait until Earth Day to improve our natural environment? Join us as we create butterfly habitat for newly hatched Monarch caterpillars. Take home a milkweed seedling for your own garden. Pain cancels the planting

LAMBS FOR LITTLE ONES 10:30-11:30am, Sat, Feb 26 Christina Garcia

February is the beginning of lambing season. Visit the ewes and their babies, feed them a snack, and learn how fleece becomes cloth WHAT'S BREWING ON THE FARM? 1-3pm, Sat, Feb 26, Mar 5, 19 #8871 Ira Bletz

Discover the ancient art of homebrewing. You'll boil the wort, pitch the yeast, and explore the science of fermentation. Learn beer's incredible history and fascinating lore. Brew a special batch of Ardenwood ale to take home. 21+yrs. Reg. Required (510) 636-1684

Fee: \$22 (non-res. \$26) OLD-TIME TOYS

1:30-2:30pm, Sat, Feb 26 Angela Moerschell Delve into a toy chest from bygone days, discover how children used to entertain themselves and learn how to make a thaumatrope (a toy that creates optical illusions).

Materials Fee: \$2 BIRDHOUSE GOURD CRAFTING Tara Reinertson Ardenwood 1-4pm. Sun. Feb 27 #8872

Learn fascinating gourd history and try techniques in gourd crafting. Create your own birdhouse for springtime birds. Fee includes all supplies and Ardenwood admission. 11+yrs.

Reg. Required: (510) 636-1684 Fee: Adult \$21/senior \$18/child \$16 (non-res. \$25/\$20\$18)

JOHNNY APPLESEED DAY 11am-3pm, Sat, Mar 5 Sara Fetterly Join us in celebrating an American folk hero. In the spirit of Johnny Appleseed, we will planting trees, then relax and enjoy an afternoon of cider

pressing, stories and apple tasting SOAP MAKING WORKSHOP Nicholas/Fetterly 1-3pm, Sun, Mar 6 #8874 Discover the ancient craft of soap making in this program that teaches techniques you can use at

home. Learn the secrets of soap, how it was discovered, and how it has changed over the years. Go home with fragrant samples, (15+vrs) Reg. Required: (510) 636-1684

Fee: \$10 (non-res. \$12) BUTTER ME UP

2-3pm, Sun, Mar 6 Sara Fetterly Butter me up and I will share the secret of oldfashioned butter making. Turn the churn, then taste this delectable dairy dish on crackers. Discover this treat's journey from cow to kitchen.

AN EVENING WITH THE STARS Nicholas/Bell 7-8pm, Fri, Mar 11 #8876 Spend an evening with the stars and planets. View the universe by telescope and hear stories about the skies above. Chairs and hot refreshments provided; dress warmly and bring blan-

kets. Personal telescopes welcome. Reg. Required: (510) 636-1684 GOING TO THE BIRDS

10:30-11:30am, Sat, Mar 12, 26 Moerschell Learn about domesticated birds living on the farm, from chickens to peacocks. Children can color a paper cut-out of their favorite bird.

www.ebparks.org

Program Info-Ardenwood: (510) 796-0863; Black Diamond: (925) 757-2820; Coyote Hills: (510) 795-9385; Crab Cove: (510) 521-8887; Sunol: (925) 862-2601; Tilden Nature Area: (510) 525-2233

PREPARE THE GARDEN FOR PLANTING 1-3pm, Sat. Mar 12, 19 Gaeta Bell The time is right to put the final touches on our

garden beds, so they are ready for our first plant ing of the new year. From soil to seeds, learn the steps that help make the garden happy

HAY HOISTING

1:30-2:30pm, Sat, Mar 12, Apr 9, 23 Interp. Staff Help make rope with our antique machine, then see how rope plus a few pulleys make hoisting hay bales into the barn loft a cinch

POLE AND BUSH BEAN PLANTING

1-2pm, Sun, Mar 13 Help plant our bean crop. Discover the history of these beans and how they improve soil. Learn why some need support and others do not!

COLOR BY NATURE 2-3pm, Sun, Mar 13 Ever wonder how wool got its color before the advent of chemical dyes? Explore the process of cleaning, carding, and coloring wool with plants.

then take a look at the sheep that made the wool. FARM CHORES FOR KIDS 10:30-11:30am, Sat, Mar 19, Apr 30 Int. Staff

Young farmers: roll up your sleeves and lend a hand as you learn about life on a farm! Shell and grind corn, check the henhouse for eggs, and

OLD-FASHIONED GAMES

1:30-2:30pm, Sat, Mar 19 Interpretive Staff What games did people play 100 years ago? Test your skill as you enjoy sack races, potato spoon races, and the ever-popular tug-o-war. Learn the rules and histories of these American classics. POTATO LORE AND MORE

1-2pm, Sun, Mar 20 Gaeta Rell Join us in the vegetable garden as we plant this year's heirloom potato crop. Learn the fascinating history of this important food. Find out why variety is so important to our food's gene pool. MR. POTATO HEAD

2-3pm, Sun, Mar 20 Eric Nicholas We've planted the potatoes, now it's time to make a new old friend. Create your own potato pal to take home and learn some little-known facts about this popular tuber.

THE SOUL OF SOIL 1-2pm, Sat, Mar 26 Jennifer Ferreira Get the latest "dirt" on soil. We'll find out what ingredients go into a good batch of soil, and why it's so important for plants in the garden and in the wild. After our investigation, take home a pot of soil and some seeds for your own garden.

MEET THE EASTER BUNNIES

2-3pm, Sat, Mar 26 11am-noon, Sun, Mar 27 Interpretive Staff Come meet our happy Easter bunnies and discover why rabbits are such popular pets, especially this time of year. Hear folktales featuring rabbits and find out how they came to be associated with Easter. Visit our farm bunnies and learn what

they need to be happy and healthy.
EGG DECORATING

Nicholas/Fetterly 1-2nm Sun Mar 27 Venerated as a symbol of nature's rebirth, eggs have for centuries been dyed and exchanged. Learn how natural dyes have played a part in egg decorating. Bring hard boiled eggs to try the full spectrum of colors created by nature. EASTER EGG ROLL

2-2:30pm, Sun, Mar 27 Since 1878, the White House annually opens its lawn to host this quirky American tradition. There's no need to travel to Washington; we have a fabulous green lawn and a big white house here on the farm! Bring your family and a picnic and

enjoy the fun and games of Easter. FARM SONGS ON THE WAGON

11am-noon, Sun, Apr 3, 10 Tara Reinertson "Oh Susanna, oh don't you cry for me, I've gone to Ardenwood to sing songs all day for thee! Learn the real words, sing along, and discover some history about the origins of our favorite folksongs on board a borse-drawn wagon.

WONDERFUL WORM WORKSHOP Tara Reinertson 2-3pm, Sun, Apr 3 Delve into the virtues of vermicompost and learn how using a worm compost system at home can reduce garbage waste and improve your garden. Learn how to build a worm bin and what it takes to keep a healthy population all year long.

OUHLIS

Ham-noon, Sat, Apr 9 Amy Baldwin Before there were ballpoint pens, people used feathers and walnut ink. Learn how quill pens were made and try writing the old-fashioned

SPRING TONIC

2-3pm, Sun, Apr 10 Reinertson/Nicholas Winter has come and gone, so it's time to heal, tone, and revitalize the body. Stop by for ha on brewing of healing plants and other ingredi-ents that have cleansed people for a long time. SINGING GAMES

Noon-1pm, Sat, Apr 16 Old Roger, Sally, Belinda, and Johnny-who are they? Join in old-fashioned singing games and find out why this childhood activity was so popular. Sing some familiar tunes, learn some new: maybe teach us some too!

CORN PLANTING

2-3pm, Sat, Apr 16, 30 Christina Garcia Learn to use antique equipment to help plant this year's corn crop. Prepare seed with the sheller and fanning mill, then try your skill at the corn planter as we discover corn's remarkable history

TO BEE OR NOT TO BEE 11am-noon, Sun, Apr 17 Discover the fascinating world of the honeybee! Through fun and games we will learn how bees collect nectar and why farms need bees to produce much of their food.

BEESWAX CANDLE MAKING

Tara Reinertson 2-3pm, Sun, Apr 17 Are you burning your candle at both ends? Slow down and relax as you learn to make candles out of the natural products from honey bees. Take home a sweet-smelling gift that will burn brightly through the night.

CHICKEN SCRATCH

11am-noon, Sat, Apr 23 Interpretive Staff
Make a snack for the hens, visit the coop to hunt Interpretive Staff for eggs, and feed the chickens. Learn about the pecking order and meet an Easter Egg Chicken. SEED SAVING

2-3pm, Sun, Apr 24 Tara Reinertson It is estimated that we have lost 80-90 percent of our vegetable and fruit varieties in the last 100 years. You can get involved in preserving seeds of delicious heirloom fruits and vegetables for future generations. We will give you a collection of heirloom seeds to plant. 9+yrs.

### BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email bdvisit@ebparks.org.

HAZEL-ATLAS SILICA-SAND MINE TOUR 10am, 11am, noon, 1pm, 2pm, 3pm, Sats & Suns, Mar-Nov Interpretive Staff

Explore underground on a guided tour and learn history, geology, and sandstone mining methods Hour-long, advanced reservation tours offered at 11 a.m., 1 p.m., and 2 p.m. A 10 a.m. tour is available to groups of 10 or more (not available for online registration). First-come/first served tours are offered at noon and 3 p.m. Must be at least 7 years old; parent participa Reg. Required: (510) 636-1684

GREATHOUSE VISITOR CENTER

10am-3pm, Sats & Suns, March-Nov Int. Staff Drop in and view the workings of a 20th-century sand mine and learn about the lives of 19thcentury coal miners. Artifacts and photographs are displayed and a video featuring former Mt. Diablo coalfield residents is shown.

Info: (925) 757-2620 SAGE AND SANDSTONE

Bob Kanagaki 10am-noon, Sat, Feb 5 Enjoy the winter beauty of the chaparral as we uncover the fascinating human and natural history of Manhattan Canyon. SP 2

STORIES SET IN STONE

Bob Kanagaki 10am-noon, Sat, Feb 12 Search for clues to an ancient world in rocks from the hills of Black Diamond. We'll see signs of prehistoric landscapes, sea-scapes, and living things preserved in rock specimens. Rain cancels. 7+yrs.

3:30-5:30pm, Thu, Feb 17, Mar 17, Apr 21 Dussau Looking for something to do after school? Join us once a month for outdoor and underground adventures focusing on nature exploration and coal mining history. 8-12yrs.

Reg. Required: (925) 757-2620 Fee: \$6 (non-res. \$8) SOMEDSVILLE.

THE HISTORIC LANDSCAPE 10am-noon, Sat, Feb 19 Bob Kanagaki Discover the bustling past of this now peace ful valley as we hike Stewartville and Pittsburg Mine Trails, Rain cancels,

88 PICNIC TABLE TALK: SNAKES Bob Kanagaki 1-2pm, Sat, Feb 26 Bob Kanaga Meet Tyler, our gopher snake, and learn about legless and slithery neighbors in the park and in

FLOWERING FLORA 10:30-11:30am, Sat, Mar 5 Sabrina Dussau Look at slides of East County's beautiful bloomers, refresh your identification skills and learn ere to find these flowers.

Info: (925) 757-2620 CHAPARRAL IN SPRING TIME

10am-noon, Sat, Mar 19 Sabrina Dussau
This important habitat is all dressed up to welcome back the warming sun. Enjoy the beautiful spring fashions of ceanothus, paintbrush, and

WILDFLOWER WATCH

9am-noon, Thu, Mar 24, 31, Apr 7, 14, 28, May Sabrina Dussau Beautifully blooming wildflowers cover the park each spring. Enjoy this colorful show as we meet weekly to identify the flowers marking the different stages of spring.

Reg. Required: (925) 757-2620 EGGCITING DYES

10:30-11:30am, Fri, Mar 25 Discover the beauty of plant pigmentation as we use some of nature's finest colors to dye your eggs this spring.

Reg. Required: (925) 757-2620 Fee: \$2

Fee: \$3

SURVIVOR: COAL MINE EDITION ER 1-3pm, Sat, Apr 2 Bob Kanagaki Imagine working in a mine-claustrophobia, danger, and darkness. Learn how nineteenth-century miners worked around these problems. We'll discuss their working conditions and review some of the technology they developed to overcome their dark, cramped workplaces. 7+yrs.

Reg. Required: (925) 757-2620 SOMERSVILLE VAN & MINE TOUR TOUR 10am-noon, Sat, Apr 9 #8473 Bob Kanagaki Leave the driving to us as we transport you through the Somersville townsite to the Hazel-Atlas Mine. We'll discuss the human and geologic history of this quiet valley and explore some of the mine workings in its hillsides, 55+yrs. Reg. Required: (510) 636-1684

BUS TO THE BLOOMERS 9am-1pm, Sat, Apr 16 #8474 Kanagaki/Dussau Climb in the van and journey out to the park's eastern edge for a day of flowers and picnic. We'll walk up to two miles as we search for rare

flowering delight Reg. Required: (510) 636-1684 MINES, MINERS AND MINERALS 10am-12:30pm, Sat, Apr 23 #8475 Kanagaki Discover the mineable mineral riches in the hills of Black Diamond as we hike the Pittsburg Mine Trail and tour the Hazel-Atlas Mine. 7+yrs.

Reg. Required: (510) 636-1684

GREEN ALIENS 10am-noon, Sat, Apr 30 Bob Kanagaki Hitchhiking life forms from far, far away live in Bob Kanagaki the hills and valleys of Black Diamond. We'll introduce you to Ailanthus, Schinus, Hordeum, and others as we hike. Rain cancels.

COYOTE HILLS

The Covote Hills Visitor Center, open Tue.-Sun. 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. For information call (510) 795-9385 or email chvisit@ebparks.org.

SUNDAY NATURE ADVENTURES Staff 2-3pm, Sundays, Feb & Apr The park is full of stories about plants, animals and history. Learn about snakes or butterflies, marshes or shellmounds, and what makes them important to the world we live in. Call for details COYOTE SCOUT INSTITUTE 1-3pm, Sat, Feb 5 #8753, Feb 19 #8754, Mar 5 #8755, Mar 19 #8756, Apr 2 #8757, Apr 16

#8758 Kristina Parkison Adventure awaits the adventurous! Explore the mysterious natural environment through activities such as scavenger hunts, orienteering, biking, and hiking. Each session covers a different exciting topic such as Gooey Geology, Animal Tracking, or Ancient Archaeology. 8-12yrs.

Reg. Required: (510) 636-1684 Fee: \$6 (non-res. \$8) COYOTE CUBS

P. E. A. 10-11:30am, Tue, Feb 8 #8759, Mar 22 #8761, Apr 19 #8763 2:30-4pm, Tue, Feb 8 #8760, Mar 22 #8762, Apr

Kristina Parkison New time and day-same great program!! Coyote Cubs is offered in the afternoon and morning, every third Tuesday. Both programs will be the same subject. Explore the natural world in a hands-on way as we focus on different natural history subjects each month through stories. games, and crafts, 3-5yrs.

Reg. Required: (510) 636-1684 Fee: \$6 (non-res, \$8) BUTTERFLY GARDEN VOLUNTEERS

9:30-11:30am, Sat, Feb 12, Mar 12, Apr 9 Jan Southworth

Join our intrepid gang of volunteer gardeners and pitch in to help enhance habitat for birds and butterflies. The garden needs mulching, path tending, and TLC as we prune, plant and weed in order to produce an abundance of nectar producing blossoms. Maximum flower production results in a spring and summer garden alive with birds and butterflies.

Reg. Required: (510) 795-9385
THE BUTTERFLY GARDEN IS OPEN 10am-4pm, Sat, Feb 12, 26, Mar 12, 26, Jan Southworth By special request the Butterfly Garden will be

open twice each month, February through April.

Come wander the peaceful pathways, watch hummingbirds and butterflies at play, and find out how you can create a paradise for wildlife in our own backvard. WEISH WHEAT WEAVERS'

WORKSHOP & TEA

1-4pm, Sat, Feb 12 #8774 Jan Southworth Create a hand-made love token in this "make it and take it" workshop. Learn to make several types of valentine by weaving them from stalks of golden and black beard wheat and learn the history behind this fascinating folk art. Embellish your weaving with ribbons and rosebuds then enjoy a cup of tea and a sweet treat. 10+yrs.

Reg. Required: (510) 636-1684 Fee: Adult \$20/Child \$15 (non res \$22/\$17)

SHELLMOUND TOUR 9:30-11:30am, Sat, Feb 19 Join us for this fun and educational introduction to Ohlone history and culture. We'll learn about and play California Indian games as well as ropemaking techniques. The grand finale will be a walk to the centuries-old shellmound site where we'll tour the reconstructed houses.

Reg. Required: (510) 636-1684 Fee: \$2/person or \$5/family MARSH MADNESS

9:30-11:30am, Sat, Mar 5 #8776 Parkison How can tules improve your life? Come learn about the importance of wetlands, watersheds, and the animals that inhabit them. Through

= Register at www.ebparks.org

= Wheelchair accessible program

Parking fee may be charged

= Financiai assistance is available

**声图为** 

games, a scavenger hunt, and explorations, you'll discover the secrets hidden by the marsh's waters and how we can help this ecosystem. 6+yrs.

Reg. Required; (519) 636-1684
NECTAR GARDEN PHOTO TRIBUTE
10:30-noon, Sat, Mar 12 Southworth/Jedlovec
Join in a stunning photographic tribute to the
flora and fauna found in the Nectar Garden.
More than 50 species will be highlighted. Take a
walk through the garden and learn techniques for
attracting and photographing wildlife.

INTRO TO OHLONE BASKETRY

IDam-noon, Sun, Mar 20

Ortiz/Bachman,
Join today's program where you'll learn about
the materials and techniques of this nearly lost,
ancient tradition. You'll also learn about the history and culture of the Ohlone.

tory and culture of the Onlone.

SHELLMOUND OPEN HOUSE

1:304-9pm, Sun, Mar 20, Apr 17 Beverly Ortiz

Walk a half-mile to a village site where the
Tuibun Ohlone lived for more than 2,000 years
to learn about their history and culture. March
20-Carol Bischmann (Mutsun Ohlone) and
naturalist Beverly Ortiz will yow fon Ohlonestyle baskets. April 17-Mike Bonillas (Mutsun
Ohlone) will show you how to make fire with
elder-terry and cédar while Ortiz works on an
Ohlone-style basket. If it rains, the programs will
be moved to the Visitor Center.

ARMCHAIR RIBDING-

"THE RAPTORS OF TULE LAKE"

10-30-non, 3rd. Mar 26 Southworth/Jedlovec
Lower Klamath Wildlife Refuge is a premier
flyway for bird migration. Nature photographer
Don Jedlovec has just returned from a photo
expedition to this vast wilderness. Through state
of the art digital technology we will learn why
bald cagles and other raptors are attracted to this
birding hotspot. Then we'll get deeper into our
subject by dissecting a raptor bolus (i.e. pellet) to
see what one species has been eating.

SHELLMOUND WORKDAY

John-Jpm, Sun, Apr 3

Beverly Ortiz

Join us in the reconstruction of Ohlone-style
houses at a more than 2,000 year-old village site
of the Tubun Ohlone. Work on a variety of structures and clean and weed the site, as you learn
how the Ohlone were successful living in this
area for so long. Wear long pants, bring gloves
and lunch. 12-yrs.

Reg. Required: (510) 795-9385 CENTRAL CALIFORNIA INDIAN COILED BASKETRY

and 9am-2:30pm, Sun, May 1 #8786 Ortiz/Bachmann

Learn the basics of coiled basketry using sedge, willow and redbud, then make your own basket using Sierra Mewuk techniques. Ohlone techniques will be introduced by Carol Bachmann (Mutsun Ohlone). In May you'll have an opportunity to gather your own sedge and willow. 184-vrs.

Reg. Required: (510) 636-1684 Fee: \$150 (non-res. \$166) FLOWER FANTASIA

Fee: 3150 (non-res, 3100)
FLOWER FANTASIA
9:30-11:30am, Sat, Apr 16 #8777
Parkison
Find out which flowers can attract flying jewels
like hummingbirds and butterflies. Then we'll
select a few flowers to press and make arrangements, sun catchers, or magnets, 8-4yrs.

Reg. Required: (510) 636-1684 Fee: \$3

FIRE MAKING WORKSHOP

10am-noon, Sun, Apr 17 #8791

Ortiz/Bonillas

the Bonillas (Rumsien/Mutsun Ohlone) will
teach you the basics of fire making with an
elderberry spindle and buckeye hearthboard.

You'll learn about Native American uses of plant
materials to make fire and make your own fire
kit. 16+yrs.

Reg. Required (510) 636-1684 Fee: \$20 (non-res. \$22) BABY BIRDS

10:30am-noon, Sun, Apr 17 Southworth/Jedlovec Celebrate the season by getting up close and personal with Coyote Hill's bird babies through the art of digital photography. After viewing some breathtaking digital images of nesting behavior

we'll wander up to Hoot Hollow to see if we can spot the baby great horned owls,

SPRING BUTTERFLY FESTIVAL

10am-4pm, Sat, Apr 30 Southworth/Parkison
Join us for the 6th annual Butterfly Festival.

Dedicated to increasing the numbers and species
of butterflies in our Bay Area landscapes, the
festival offers adventure and learning. Get up
close and personal with the "Hying jewels" of
nature. Learn how you can bring your backyard
to life by creating wildlife friendly habitatt Enjoy
wildflower walks, garden tours, face painting,
and educational speakers. See the Monarch butterfly release in the afternoon.

#### CRAB COVE

Crab Cove Visitor Center reopens Saturday, March 5, then it will be open Wednesdays-Sundays from 10 a.m.4:30 p.m. through November. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email cove@ebparks.org.

CATCH OF THE DAY

2-3pm, Sat-Sun, March-April Interpretive Staff There are so many fun things to do by the Bay! Each day will have something different, from discovering birds feeding along the shore to finding out about sharks, whales, and more! Call ahead to find out whar's featured for the day of your visit and be sure to check out our exhibits!

CRAB COVE OPENING DAY

10am-4:30pm, Sat. Mar 5 Gail Broesder

Joan-4:30pm, Sat. Mar. 5
Gail Broesder
Clebrate Crab Cove's re-opening: this is our
25th year of providing adventures by the Bay! 11
a.m.-noon: Armchair Adventure—If you plan to
go whale watching this season, attend our Gray
Whale Orientation and slide show. We'll discuss
why they migrate along the coast and what you
might experience during a boat trip to look for
our states' official marine mammal. Crab Cove
offers boat trips in March; join our naturalists on the water. 1:30-3 p.m.—Low Tide Walk:
Explore the cove with a naturalist on this minus
tide. We'll search high and low looking for our
amesakes—it called "Crab Cove" after all. Or
stop by and see what's changed over the winter.
Call (510) 521-6887 for a schedule.

WHALE WATCH BY BOAT 9:30am-12:30pm, Sun, Mar 6 #8933, Sat, Mar 12 #8934, Sun, Mar 20 #8935, Sat, Mar 26 #8936 Interpretive Staff

Gray whales are migrating northward close enough to our coastline for viewing! Enjoy a morning at sea, with our expert naturalists, as we look for these magnificent creatures. Every trip is different, with chances of seeing sea lions, sea otters, and a variety of birds. Note: A trip orientation is offered at the Visitor Center, Sat., March 5, 11-noon. Trips are out of Half Moon Bay on

board the New Captain Pete. 8+yrs. Reg. Required: (510) 636-1684 Fee: Adult \$36/Senior & child \$30 (non-res. \$40/\$34)

ESTUARY EXPLORERS
3:30-5pm, Thu, Mar 10, 24, Apr 14, 28
Krebs/Facendini

Estuary Explorers is designed for 6-8 year olds. This fun-filled experience includes outdoor exploration and a theme-related craft and snack. Parents/guardians are encouraged to drop off their child to allow for a slightly more independent nature experience. March 10-Crusini-The Cove. March 24-Whales Tales. April 14-Wild About Weather. April 38-Celebrate Earth Day. Reg. Required; (510) 521-6887
Fer: \$6 (non-res. \$8)

Fee: \$6 (non-res. \$8) EGG-CITING EGGS

1-4pm, Sat, Mar 19 Gail Broesder Learn about nature's perfect packaging. Discover the many varieties of eggs and how each one fits the animal's habitat and lifestyle. Use natural dyes to create your own exciting works of art.

1030-11:30am, Tue, Mar 22, Apr 12, 26
3-4:30pm, Sun, Mar 13, 27
Krebs/Facendim
Discover the wonders of nature with your little
one through a program exclusively for 3-5 year
olds accompanied by an adult. Outdoor exploration and a theme-related snack will be provided.
See our "Sea Siblings" (below) if you prefer
to have 1-5 year olds join their 3-5 year old

siblings. March 13–Special Sunday Sea Squirts:
"Taking Care of Babies." March 22– Whales
Tales. March 27–Special Sunday Sea Squirts:
"Eggs-ceptional." April 12–Wild About Weather
April 26–Celebrate Earth Day.

Reg. Required: (510) 521-6887 Fee: \$6 (non-res. \$8)

SEA\_SIBLINGS

9:36-10:30am, Tue, Mar 29, Apr 5, 19 Keebs
11am-noon, Tue, Mar 29, Apr 5, 19 Facendini
Sea Siblings is created for the 3-5 year old learning ability while providing the option of inviting
1-5 year old siblings or friends. This class
includes outdoor exploration and a theme-related
craft, All children pay the course fee. March
29-Whale Tales, April S-Wild About Weather.

April 19-Celebrate Earth Day. Reg. Required: (510) 521-6887 Fee: \$4 MINUS TIDE SERIES

Ilam-Ipm, Sat, Apr 2, 30, 7-9am, Sat, Apr 9
Bethany Facendini
Why is this incredible marine reserve called

why is this incredible manne reserve called Crab Cove? How have the creatures adapted to their surroundings? Discover the diverse habitats revealed during low tides! We will explore a different topic each week. This guided walk will include nature games appropriate for all abilities and age levels. Be prepared for a fun-filled adventure in a wet and muddy environment.

Reg. Required: (510) 521-685TIVAL

JUMPAPP, SALAMEDA EARTH DAY FESTIVAL

JUMPAPP, SALAP 23

Bethany Facendria

Celebrate Earth Day with Crab Cove and the

City of Alameda! Learn how you can make a
possitive difference in sustaining the health of
our environment. Enjoy a variety of exhibits,
children's activities, sames and entertainment.

SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svisit@ebparks.org.

WILDERNESS TREKKERS

Times and dates vary Interpretive Staff Kids are invited to join a naturalist to explore the changing seasons in the wilderness. There will be a different topic each session. Parental participation usually optional but may be required for some programs. Enrollment limited. Grades k-6.

Reg. Required: (925) 862-2601 Fee: \$6 (non-res. \$8) OUTDOOR DISCOVERIES

10-11:30am, Thu, various dates - Interp. Staff Children and an adult will explore the winter and spring in the wilderness. Different natural or cultural history adventures presented each week. Enrollment limited. Call for availability. 3-5yrs.

Reg. Required: (925) 862-2601 Fee: \$6 (non-res. \$8)

A PEEK ATTHE MAGUIRE PEAKS

9am-2pm, Sat, Feb 5

We II take a 5-mile stroll spying on spring
wildflowers and attempt to catch a glimpse of the
tule elk in the adjoining San Antonio watershed.
Bring water, lunch and binoculars. We'll carpool
to the staging area. 7-yrs.

SCIENCE FOR TYKES

3-4-30pm, Sat, Feb 5, 26; 2-3:30pm, Sat, Mar 19: 3:30-5pm, Sat, Apr 16, 30 Cat Thylor Budding scientists ages 4-8 years and their families set in a wildly exciting outdoor laboratory. Feb. 5-Fun Times with Fungi:We'll search for where a mold might grow as we discover the fascinating world of "Tungus amongus." Feb. 26-Vernal Pools: We'll hike to a vernal pool teaming with life. March 19-Nibbling on Nature: Sample some of Mother Nature's bounty. April 16-Bees, Birds, Buds and Blooms: We'll peer into the colorful and fragrant world of flowers and their pollinators. April 30-Stone Soup: We'll listen to the stories that rocks have to tell us.

Reg. Required: (925) 862-2601
Fee: 56 (non-res. 88)
ECO-EXPLORERS
-88pm. Sat, Feb 12; 12:45pm-2:45pm, Sat, Apr
16; 9:30am-2pm. Sat, Apr 30
Cat Taylor
For adventurous children in grades 3-7 and their
families who want a more intensive experi-

ence in the great outdoors. Feb. 12, Pleasanton

Ridge-Dinner-To-Darkness Hike: Discover the world of noctumal life. April 16, Sunol-Nature Navigating: We'll learn about compasses, maps and GPS to find some hidden treasure. April 30, Sunol-'W'. Tree Rock Scramble: scramble up the rocky, craggy creek bed of the "W' tree. One adult per child. Kids must be closely supervised in the rock scramble. We may be contending with boulders, pools, and dense vegetation, so be prepared for some rough scrambling! grades 3-7. Reg. Required: (925) 862-2601

Fee: \$6 (non-res. \$8)
VALLEY NATURE RIDE
10-10:45am, Sun, Feb 13 #8717, Mar 6 #8718,
Mar 20 #8719, Apr 3 #8720, Apr 24 #8721

Interpretive Staff
Enjoy an introduction to the cultural and natural
history of Sunol, then a-20 minute guided horseback ride. Parent participation required. 7+yrs.

Res: Required: (510) 636-1684

Fee: \$17 (non-res. \$19)
BASKETRY BASICS

Norm Kidder
Experience the variety of California Indian
basketry styles then get hands-on. We will spend
an hour or so learning to split willow for finer
projects, then use whole shoot sandbar willow to
make a woodpecker trap and/or storage basket.

Reg. Required: (510) 636-1684 Fee: \$45 (non-res. \$51)

THE HUNTER-GATHERER HIKE

10am-2pm, Sat, Mar 12 #8729 Norm Kidder
Transport yourself back in time as we walk the
park in the role of stone-age Californians. We
will make basic tools while searching for food,
fiber, fire, medicine and shelter, 104-yrs.

Reg. Required: (510) 636-1684 Fee: \$25 (non-res. \$29) FLAG HILL JOURNEY THROUGH TIME

Ram-noon, Sat, Mar 19
Take a journey back to when shallow seas covered the land millions of years ago, to times mor recent when the Oblone called this wilderness home, to the days of the first settlers, and back to present time on this 3 and one-half mile hike up resent time on this 3 and one-half mile hike up resent time on this 3 and one-half mile hike up resent time on this 3 and one-half mile hike up resent time on the same time and water. 7-yrs. WATERFALLS & WILDPLOWERS BY ANTERIALS & WILDPLOWERS BY STATES AUGUST AND ANTERIALS WILDPLOWERS BY STATES AND ANTERIALS WILDPLOWERS BY STATES AND ANTERIALS WILDPLOWERS BY STATES AND AND ANTERIALS WILDPLOWERS BY STATES WILDPLOWERS BY STATES AND ANTERIALS WILDPLOWERS BY STATES WILDPLOWERS BY STATES WILDPLOWERS BY STATES AND ANTERIALS WILDPLOWERS BY STATES WILDPL

Experienced riders only, 14+yrs.
Reg. Required: (510) 636-1684
Fee:\$63, horse owner \$13 (non-res. \$71/\$21)
EDUCATORS ACADEMY: DRAWING
ON THE ARTIST WITHIN

Out The ART SI THIN Out Taylor Have you ever longed to tap into your creative, artistis cide but never progressed beyond sick figures? Do you find teaching art to be intimidating? Through a series of fine excretes, we'll tay into our right brains and discover the secrete of line, composition and perspective. The afternoon will lend itself to nature journaling on a sketch hike where we will explore the natural world around us! This class addresses Section 2-Creative Expression of the California State Curriculum Content Standards (grades K-8), adult

Reg. Required: (510) 636-1684 Fee: \$45 (non-res. \$51) SPRING WILDFLOWER FESTIVAL 11am-4pm, Sat, Apr 9

The hills are alive with wildflowers! Come along on a wildflower hike, view colorful slideshows, make a craft or two, play nature games and learn about the diversity and complexity of the blooms around us. Call for a complete schedule.

Cat Taylor

SUNOL TO MISSION PEAK
9 am-3:30pm, Sat, Apr 23
Cat Taylor
A 10 and 1/2 mile round-trip hike up the backside of this Bay Area landmark. Discover natural

and historical points of interest and enjoy views of the Bay Area along the way. 8+yrs. Reg. Required: (925) 862-2601 Fee: \$12 (non-res. \$14)

www.ebparks.org

#### TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email marea@ebparks.org.

ARTIST EXHIBITION Tilden Nature Area, EEC

10am-5pm, Feb through March

Please welcome Mary Robinson's series of paintings "Tilden on My Mind" which were informed by walks in Tilden Park. The paintings are landscapes of places, events, memories and dreams. Abstract, stylistic, impressionistic or surreal, they extend into an interior landscape to convey the spirit of a place and allow one to experience the landscape in a deeper dimension. For more nformation see www.maryrobinsonart.com

TILDEN TODDLERS

2-3pm, Sat, Feb 5, Apr 2 Linda Yemoto All you non-napping toddlers -bring your grown un friends and we'll explore the Nature Area ooking for our amphibian friends. 2-3 yrs. KIDS GARDEN CLUB

2-4pm, Sat, Feb 5, 19, Mar 5, 12, 26, Apr 2, 16 Scott/Gargano Join this exciting club for kids to explore the world of gardening. We plant, harvest, build, make crafts, cook and get dirty! Themes and

activities vary, 7-12v Reg. Required: (510) 525-2233 Fee: \$5 (non-res \$7)

CONIFERS OF CALIFORNIA 10am-noon, Sun, Feb 6 Alan Kaplan Our state has superlative cone-bearing trees: tallest, biggest, rarest. We'll look at them and learn their history

EARLY BLOOMERS 2-4pm. Sun. Feb 6 Alan Kaplan By now currant, leatherwood and trillium should be out. We'll look for them and other flowers and

learn their natural history and uses. MYTHICAL OWLS Salli Lundgren 3-4:30pm, Sun, Feb 6 Think owls only live in the deep dark woods? Think they can spin their heads around and around? We'll separate fact from fiction about these 'smart' birds. Discover what they eat by

playing with their food. TEA AND HIKE AT FOUR 4-5:30pm, Mon, Feb 7, 28, Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 Alan Kan Alan Kaplar Taste some of the best teas from the Pacific Rim and South Asia, learn their cultural and natural history, then take a hike to see packrat nests,

ducks at the lake, or a complete surprise! Reg. Required: (510) 525-2233 Fee: \$5 (non-res. \$7) WINTER'S SKY AT NEW MOON TIME & 6:30-8:30pm, Mon, Feb 7 Alan Kaplan New Moon means no moon, so winter's stars will blaze even brighter tonight. Dress warmly

for a chilly evening's star study. We'll walk down the Nimitz Way. TILDEN MINI-RANGERS 3:30-5:30pm, Tue, Feb 8 #8134, Mar 1 #8135,

Tue, Apr 19 #8136 Dave Zuckermann Find out how it feels to be a Ranger! Join us for an active afternoon of nature study, conservation and rambling through the woods and waters. Dress to get dirty. for 8-12 year olds, unaccom-

panied by their parents Reg. Required: (510) 636-1684 Fee: \$6 (non-res. \$8) MINI-FARMERS

10-11:30am, Sat, Feb 12, Mar 12, Apr 9 Hicks/Osias/Gargano

We will explore the Little Farm, care for animals, do crafts and farm chores. Wear boots and dress to get dirty! We'll learn about sheep in February, pigs in March, and goats in April. 4-6yrs. Reg Required: (510) 525-2233

Fee: \$5 (non-res. \$7) MEET THE ARTIST RECEPTION

2-4pm, Sat, Feb 12 Linda Yemoto Come enjoy the paintings of artist Mary Robinson as she demonstrates her technique of layering acrylic and/or watercolor using a variety of tools including brush, roller, palette knife and sponge.

VALENTINE'S DAY HISTORY HIKE

10am-noon, Sun, Feb 13 A day for love and lovers! We'll look for mating activity among non-human animals and talk about the origin of tomorrow's holiday today SEE OUR SNAKES 10:30-11:30am, Sun, Feb 13, Sat, Apr 30 Gargano

We'll bring out our snakes, discuss their behav ior, and find out first-hand that they aren't slimy, VALENTINE'S DAY CARD WORKSHOP Alan Kaplan 2-4pm, Sun, Feb 13 Make a card or two for a loved one. We'll learn about the cultural history of Valentine's Day.

Chocolate prizes for answers to the quiz! Fee: \$5 (non-res, \$7) SLISHI WORKSHOP

(LEARNING THE BASICS) 11am-2:30pm, Sat. Feb 19 #8476 Yemoto Join us for this delicious workshop to learn the natural history of many of the ingredients used in creating this ancient cuisine. Prepare and taste seven basic types of sushi including makizushi, nigirizushi, and gunkanmaki. Parent participation

required for children 8-10yrs Reg. Required: (510) 636-1684 Fee: Adult \$35/Senior \$30/child 8-12yrs. \$25 \$39/\$34/\$29

GLORIOUS MUD 9-10:30am, Sun, Feb 20 Not all dirt is bad. Come to Tilden for a healthy

dose of mud as we explore the soggy grounds we leave our own. 7-11yrs. HAIKU AND RENGA: POETRY AND NATURE

2-4pm, Sun, Feb 20 Alan Kaplan These two forms of (Japanese-inspired) poetry can open nature to you in new ways. We'll walk around the park and stop for creative writing. TILDEN TOTS

10-11:30am, Wed, Feb 23 #8477, Thu, Feb 24 #8478, Tue, Mar 22 #8479, Wed, Apr 6 #8480 Thu, Apr 7 #8481 Linda Yemoto Feb. 23 & 24: we'll search for amphibians. March 22: we'll learn about the cycle of water.

April 6 & 7: we'll discover plants. Bring a light colored t-shirt. Join Ranger Linda on a nature adventure for 3 & 4 year olds each accompanied by an adult. Program includes hike, craft, snack. Reg. Required: (510) 636-1684

Fee: \$6 (non-res, \$8) TILDEN EXPLORERS

3:15-4:45pm, Thu, Feb 24 #8482, Mar 24 #8483, Wed, Apr 20 #8484 Linda Yemoto An after school nature adventure program for 5-7 year olds who may be accompanied by an adult. No younger siblings, please. A different topic each month. Program includes hike, craft and snack. Feb. 24: We'll search for amphibians March 24-We'll learn about weather. April

21-We'll discover plant secrets Reg. Required: (510) 636-1684 Fee: \$6 (non-res, \$8)

WET & WILD 11am-noon, Sat, Feb 26 Come walk in the rain (or shine) to see who's out there. Lots of animals and plants need wet weather to thrive. Can you name one?

GIDDY FOR GOATS! Salli Lundgren 3-4pm. Sat. Feb 26 Lola, Princess and the kids love attention. Come in the pen to feed, brush and pet the Little Farm goats while you learn why goats are important

ALL THINGS FUNGAL CONSIDERED 10am-noon, Sun, Feb 27 Alan Kaplan Everything mycological is fair game today (but bring your lunch, don't plan to look for it)! We'll search for examples of mushrooms and lichens

and learn the new science of Fung LAUREL CANYON CRYPTOGRAM SLOG Alan Kaplan 2-4pm, Sun, Feb 27 We'll look for plants without flowers and learn about their life cycles. We usually don't go into the heart of the park at this time of year so come pared for lots of mud.

1:30-3pm, Sat, Mar 5 Nicole Hicks Join us to find out some simple herbal alternatives for the cold and allergy season. Bring boots for a short plant identification romp, followed

= Wheelchair accessible program

by herbal tea and a chance to use your new

Reg. Required: (510) 525-2233 Fee: \$5 (non-res. \$7) BREAKFAST WITH THE BIRDS

9:30-11am, Sun. Mar 6, 13, 20 Jessica Sheppard Bring your own beverage, share some pastry and we'll learn about what's feathered down at the lake. This is for you, beginner birder; the birds should be busy this spring nesting, flirting and feeding. Binoculars available for loan.

Reg. Required: (510) 525-2233

SPINNING DEMONSTRATION Kate Scott

10:30am-noon, Sun, Mar 6 Kate S Watch the wool from the Little Farm's Black Welsh Mountain Sheep turn into yarn on our spinning wheel, and learn about these and other rare breeds. Bring your knitting projects and relax by the fire with a hot drink

WORK IN THE GARDEN

1-3pm Sun Mar 6 Jessica Shennard Spring is here and we need lots of help preparing the garden for the warmer weather. Learn to identify the local butterfly species and how you can give them what they need, even in your own backyard! We have tools; call if you need gloves MECURY IN VIEW

6:30-8:30pm, Mon, Mar 7, 14 The best evening views of Mercury in 2005 are during the next two weeks. We'll walk down the Nimitz Way to see this speedy, innermost planet,

PREHISTORIC LIFE TODAY

-4pm, Sun, Mar 13 Jessica Shennard Hike back in time! Ancient plants and primitive insects are all around us: ferns, liverworts and silverfish provide a living example of what once was. Discover our connections to the past.

LET'S MAKE PAPER

2:30-4:30pm, Sat, Mar 19 Discover how to recycle used paper into re-u able paper. We'll learn about the 'triple R's' as we make recycled journals. 7-11yrs.

LET THERE BE LIGHT!

Ham-Ipm, Sun, Mar 20 Salli Lundgrer Celebrate the extra daylight hours of springtime by lighting a candle you make. Use recycled wax to make several different kinds of candles, and cover how they were made long ago. LOST WATERFALL IN SPRING

1-4pm, Sun, Mar 20 Jessica Sheppard Learn the history of the waterfall that used to be, as we enjoy the sights and sounds of spring along a wooded stream. Pack water and a snack for this easy-paced 3.5 mile hike. Be prepared for

HOLIDAY EGG COLORING

Gina Gargano 10am-noon, Sat, Mar 26 Get creative and learn about Easter traditions. We'll visit the bunnies, collect eggs, and do some decorating. Wear old clothes. 7-11yrs

Reg. Required: (510) 525-2233 Fee: \$3

EARLY MORNING EGG HUNT 9-10;30am, Sun, Mar 27 Jessica Sheppard Amphibians have hidden their eggs in the best place for their babies to grow up. Learn about the life cycle of frogs and salamanders as you dip into their watery world. Then hunt for the kinds of eggs that you can take hom

Reg. Required: (510) 525-2233 THE LITTLE FARM'S SHEEP

1-3pm, Sun, Mar 27 Jessica Sheppard Celebrate the spring holiday with a visit to our black sheep. Search for the sheep of a different color, discover lots of eggs, and pet a bunny, as ou find out what all this has to do with Easter.

THE LIGHT AND DARK OF LIFE 10am-noon, Sun, Apr 3 Alan Kar The start of Daylight Savings Time is a good Alan Kaplan time to learn what's new about biological clocks Learn how plants tell time, and how ticks tock. SIX-LEGGED SEX:

EROTIC LIVES OF INSECTS

2-4pm, Sun, Apr 3 Alan Kaplan Insects are dying for love! We'll look for insect lovers today (because Valentine's Day was too

HIMPING HIPITER! :30-9:30pm, Mon, Apr 4 Alan Kaplan You'll have to wait until 2010 to get a better view of Jupiter than right now. We'll walk down the Nimitz Way to see this gas giant and other

SPRING PONDS

2-3:30pm, Sat, Apr 9 We'll explore the ponds to learn about spring life cycles. Capture and release naiads and nymphs, prigolers and somioglers

LIFE UNDERGROUND

1-3pm, Sun, Apr 10 To be called "low life" is not always bad. We'll start with the EEC's "Look Out Below!" exhibit, then walk to learn other subterranean stories COMPOST CRITTERS

Ham-noon, Sat, Apr 16 Interpretive Staff Learn which animals do the dirty work of turning leftovers into rich soil, then search them out and make a worm host to take home 5+vrs

SPRING WILDFLOWER FAMILIES 10am-noon, Sun, Apr 17 Alan Kap Meet at the bulletin board at the Big Springs Alan Kaplan pullout on South Park Drive. We'll learn to rec ognize the eight families of wildflowers on this hike. Wear sturdy shoes for a rocky trail.

PONDS ARE NURSERIES WHERE BABIES GROW UP

2-4pm, Sun, Apr 17 Alan Kaplan Aquatic entomology from the larval point of view: see babies of dragonflies, phantom midges and others, and learn their life history and future. SOAP MAKING WORKSHOP

2-4pm, Sun, Apr 17 What is "saponification" and how does soap make you clean? Learn the chemistry of soap as we use olive, coconut, and nalm oils to make natural soap. Bring rubber gloves. 12+yrs.

Reg. Required: (510) 525-2233 Fee: \$10 (non-res. \$12 WHAT HAPPENED TO THE

KOMODO DRAGON? Ham-noon, Sat. Apr 23 Kate Scott Since the renovation of the EEC, many have inquired about our former, famous resident. The long and short answers will be explored during a look into the lives of these giant monitor lizards.

WILDFLOWER TRADING CARDS -3:30pm, Sat, Apr 23 Interpretive Staff Color and cut to create your own set of wildflower trading cards. We will then look for blooms on a short walk around the EEC. 7+vrs.

Reg. Required: (510) 525-2233

WHAT HAS HAPPENED TO FERNS AND FLOWERS? 10am-noon, Sun, Apr 24

Alan Kaplan A re-alignment of ferns and flowering plants has been made by botanists. Learn what's new and what's not, and see examples in the garden. A LOT OF GALLS!

2-4pm, Sun, Apr 24 Alan Kaplan Insects and other organisms cause swellings on plant parts that serve as homes for offspring We'll search for a variety of these growths and learn their unlikely but natural history.

GOODNIGHT LITTLE FARM 3:30-4:30pm, Sat, Apr 30 Interpretive Staff Stop by the Little Farm and help us with the afternoon feeding. Learn about our rare breeds, as we tuck them in for the night.

SUMMER SCIENCE WEEKS 10am-4pm, Mon-Fri, Jun 20-24 #8137, Jul 11-15 #8138, Jul 18-22 #8139, Aug 8-12 #8140, Alan Kaplan Aug 15-19 #8141 Week-long sessions covering topics of interest

to junior scientists. June 20-Insects and plants; plant families. July 11-Mammals and Birds: pick apart an owl pellet, prepare a mammal baby announcement and discover your home range July 18-Potpourri: different topics daily. Pond and Stream, Reptiles and Amphibians, Dinos, Astronomy, Rainforests. Aug. 8-Small World and Body Biology: human biology and a close look at the kingdoms of life. Aug. 15-Best of Science

Week: favorites from past sessions. 9-12 yrs. Reg.Required: (510) 636-1684 Fee: \$160 (non-res. \$176)



Scott/Gargano 10am-4:30pm, Mon-Fri, Jul 4-8, #8131, Jul 25-29 #8132 Jul Aug 1-5 #8133 Scott/Gargano Experience the old-time country farm lifestyle during a week of farm camp fun! We'll learn about farm animals, dig, shovel, harvest, cook get dirty and have fun! 8-11yrs

Reg. Required: (510) 636-1684 Fee: \$150 (non-res, \$166)

## OTHER PARKS

WOMEN ON COMMON GROUND

Times and dates vary Katie Colbert This is a series of programs for women who love to hike, camp and play in the out-of-doors, but whose concern for personal safety keeps them from enjoying their own parklands. Activities celebrate natural and cultural history and are designed to help women reclaim the joys of wild places. Spring programs begin in March. Please Info: (925) 862-2601 or svisit@ebparks.org

WEDNESDAY WALKS

9:30am, various dates Garcia/Fette Explore unique habitats of the East Bay with Garcia/Fetterly our friendly group. Discover the natural and huhealth on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear and bring water. We hike rain or shine, but hikes may be re-routed due to trail conditions. For information and directions, call for a flyer or visit our website: www.ebparks.org. Feb. 2-Iron Horse Trail: We'll walk 7.5 flat and paved miles along this popular trail. The route follows the old Southern Pacific Railroad right-of-way that once connected the farms of the San Ramon Valley to ports in Suisun Bay. Feb. 16-Pleasanton Ridge: This strenuous 6-mile hike to see beautiful views of the Sunol Valley begins with a steep and possibly muddy climb up the ridge. We'll see remnants of the fruit orchards that once covered these hilltops. Feb. 23-Lake Chabot: Join naturalist Sara Fetterly for a brisk walk around the east shore of this scenic reservoir. We'll walk 3.5 miles to Honker Bay and back. March 2-Crown Beach: Enjoy a late winter walk along the beach. Bring your binoculars to observe the abundant wildlife as we make our way to Elsie Romer Bird Sanctuary. March 16-Coyote Hills: Follow the paved Bay View Trail (perfect for strollers) on a 3.5-mile walk circling the hills. April 6-Sunol Regional Wilderness-Look for spring wildflow ers on the hills of this wilderness park. Our somewhat strenuous 3-mile hike will also take us to Little Yosemite, a spectacular section of Alameda Creek. April 20-Alameda Creek-Discover a beautiful pond in the historic Niles District on this easy 4.5-mile walk along the Alameda Creek Channel. The trail is flat and paved. April 27-Las Trampas: View spectacular scenery on a short but steep 2.5-mile hike up to Rocky Ridge We'll follow the paved trail to the top and look for wildflowers along the ridge.

DOCENT-GUIDED GARDEN TOURS

2pm, Saturdays & Sundays Learn about California native plants on free, docent-guided tours at the beautiful, naturalistic 10-acre Botanic Garden in Tilden Regional Park. Docent training is offered on Tuesdays, 9:30 a.m.-12:30 p.m., after Labor Day. See www. nativeplants.org or contact Glenn Keator at gkeator@aol.com for more information. BIRD WALKS

Kaplan

7:30-9:30am, Tues & Thurs, Feb

7-9:30am, Tues & Thurs, Apr Feb. 3, Tilden Nature Area-winter residents Feb. 8, Tilden-Big Springs specialties. Meet at Botanic Garden parking lot. Feb. 15, Albany Bulb, at the end of Buchanan Street, for birds and art, for mature audiences. Feb. 20, Tilden Nature Area-early spring arrivals. Feb. 22, Tilden-meet at Inspiration Point for birds of grassland and chaparral. Feb. 24, Tilden-meet at the Golf Course Road pullout, just below Grizzly Peak Blvd, for nuthatches, nuthatches,

nuthatches! March 3. Briones-Bear Creek

entrance, then to the far parking lot, for early spring arrivals. March 22, Tilden-meet opposite the Pony Rides, to celebrate "gloomy winter" Tilden Nature Area-birds of the Bible. March 29, Tilden-meet at Island picnic site, for birds of Brazil (Room) and Botanic Garden. March 31, Albany Hill-meet at the end of Taft St. for a steep hike down for woodland and creekside birds. April 7. Tilden-meet opposite the Pony Ride for a Gorge Trail tramp. Remember: April walks start at 7 a.m.! April 10, Tilden Nature Area-Nature's Music, what's new in the science of birdsong. April 12, Wildcat Canyon-meet at the end of Rifle Range Road for birds of woods and willows. April 19, Tilden-meet at Inspirawarblers, sparrows. April 26, Briones, Bear Creek entrance, then to far parking lot, for warblers and woodneckers on the Seabore Trail. April 28, Tilden Nature Area, for Pack Rat Trail sidents and "summer complaints.

Info: (510) 525-2233 MID-DAY MEANDER

2:30-4:30pm, Tue, Feb 1, Mar 1, Apr 5 Kaplan Feb. 1, Tilden Nature Area for early blooming shrubs and Groundhog Day lore. March 1, Regional Parks Botanic Garden for budding botany. April 5, Briones for the birds. Info: (510) 525-2233

BIRD WALKS: MLKING SHORELINE

3-5pm, Tue, Feb 1, 8, 15, 22, 3:30-5:30pm, Thu, Mar 3, 10, 17, 24, Tue, Apr 5, 12, 19 Sheppard Help us add to your marsh bird list while enjoy ing the sunset and a relaxing walk. See stilts avocets, and clapper rails, and search for the elusive burrowing owl. Tuesdays in February sunset still comes early; watch the shorebirds tuck in for the evening. Thursdays in March: watch for springtime activity, flirting and fighting. Tuesdays in April: hope for afternoon hawk hunting, and see if we can spot the little owls. Info: (510) 525-2233

NIFTY NEWTS 9:30-11am, Sat, Feb 5 Kristina Parkison It's slimy! It's poisonous! It's coming to a creek near you! Scared yet? Don't be. It's the Califor-

nia newt! Come to Garin and learn about the life cycle of this fascinating creature and then we'll scour the creeks on a hunt for this engaging little animal. We'll finish up with a "newt craft. Reg. Required: (510) 636-1684

SCHOOL'S OUT! AMPHIBIOUS ADVENTURE

9:30am-noon, Sat, Feb 12 Sabrina Dussau Look for croaking frogs and swimming salamanders in Briones as they revel in the glory of winter. We'll hike uphill to the lagoons while discovering the importance of the wet season.

Reg. Required: (925) 757-2620 MORGAN TERRITORY MEANDER

9:30am-2:30pm, Sat, Feb 12 Cat Taylor Spend a beautiful wintry day discovering this hidden jewel tucked way up in the hills. Meander through plant communities investigating natural and cultural history. Hike is five+ miles. Be prepared for panoramic views with the possibility of peek at the Sierra snowcaps, 7+yrs.

Reg. Required: (925) 862-2601 RETURN OF THE

OVER-THE-HILLS-GANG 10am-12:30pm, Tue, Feb 22, Apr 26 Zuckermann Hikers 55 years and older who are interested in nature study, history, fitness, and fun: join us on a series of monthly excursions. Feb. 22-Briones: 3-mile round trip to the lagoons to learn about breeding amphibians(gentle uphill with possible mud). April 26-Morgan Territory: learn the history, enjoy grand vistas, sandstone mortars, and spring flowers, 55+yrs.

Reg. Required: (510) 525-2233 THE DEVILISH DELIGHTS OF DEVIL'S HOLE

8am-1pm, Sat, Feb 26 Cat Taylor Discover the glories of Las Trampas' Devil's Hole during this 6+ mile round-trip journey. About 1,800 feet of total elevation gain with some strenuous ascents. We'll explore the exciting geology and natural history of this geologic gem. Pack lunch. 8+vrs Reg. Required: (925) 862-2601

BIRD YOURSELF SILLY

9 am-11:30am, Thu, Mar 3, 17, Apr 14, 28 Moran Join the fastest growing leisure endeavor in the country! March 3 and April 14-Ironhouse Sanitary District: Wetlands residents and wander ers. Wheelchair accessible. March 17, Diablo Foothills, and April 28, Round Valley: Woodland wings and raptors

Reg. Required: (925) 757-2620 BLUEBIRDS

2:30-5pm, Sat, Mar 5 Sabrina Dussau Nesting season has begun! Hike through Briones while checking the bluebird boxes to see how these young couples are faring. Find out how you can ensure the propagation of young thrushes.

Reg. Required: (925) 757-2620 KNOW YOUR INLAND COAST! Moran 1:30-3:30 pm, Sun, Mar 6, 13, Apr 10 We'll explore three shoreline parks for views, critters, plants, and lore, March 6: Big Break

March 13: Martinez Shoreline. April 19: Carquinez Regional Shoreline

Reg. Required: (925) 757-2620 RIDGELAND ODYSSEY

9 am-5pm, Sat, Mar 12 Cat Tay
Join us for a 12-mile all day exploration featur hidden shady canyons as we hunt for amorous amphibians and other harbingers of spring. Be prepared for steep and muddy trails and possible

Reg. Required: (925) 862-2601 PINE CREEK PEEK

10am-noon, Sat, Mar 12 Sabrina Dussau Diablo Foothills. Get a glimpse of the glory surrounding this creek-the plants and the critters of which we will sneak. Two easy miles is all we

will walk; bring your family to this nature talk.

Reg. Required; (925) 757-2620 WONDERFUL WILDFLOWERS 9:30-11:30am, Sat, Mar 19 Kristina Parkison Explore Garin's valleys and hills in search of

spring wildflowers! Bring your hiking boots and flower books and reacquaint ourselves with their secret identifies. 6+yrs

Reg. Required: (510) 636-1684 LAND BANK TOURS 10am-1pm, Sat, Mar 19 Brushy Peak #8793, Apr 16 Vasco Caves #8792 Robert D

Robert Doyle EBRPD's Land Department will lead a series of hikes to explore newly protected Measure AA land bank properties that are currently not open to the public. March 19-Brushy Peak: Join Bob Doyle, Assistant General Manager of the Land Division, for a preview of this wonderful area scheduled to be opened in 2005. This new acquisition totals 1,500 acres of wildflowers, birding, and sweeping views. EBRPD's Resource Enhancement Program began a \$2,000,000 habitat restoration in 2004, and the Design and Construction Dept. is developing new park facilities. April 16-Vasco Caves: Explore the newly acquired Souza property with Doyle. See the carefully protected caves that are sacred to Native Americans. See vernal pools, wildflowers rare plants, a thriving bird community, and vistas of East Contra Costa County

Reg. Required: (510) 636-1684 Fee: \$10 (non-res. \$12) GRIZZLY ISLAND SAFARI

9am-noon, Sun, Mar 20 Mike Moran Time for our annual wildlife extravaganza at Grizzly Island State Wildlife Area, the largest contiguous estuarine marsh in the lower 48. We'll explore this home of resident and migratory birds and stronghold of the great tule elk.

Reg. Required: (925) 757-2620

9:30-10:30am. Tue. Mar 22. Apr 19 Moran Come discover the magic of hiking with your little one(s)! We'll use at least four senses to find out what graces these flat paved trails alongside Marsh Creek (March 22) and Big Break in the Delta (April 19). Bjorns, backpacks, and bi-peds all welcome!

DISCOVERY HIKES FOR WEE TIKES

Reg. Required: (925) 757-2620 FULL MOON FROLIC

5:30-7:30pm, Fri, Mar 25 Let the moonlight shine on the night life in Briones as we head up to the lagoons in search of nocturnal critters and celestial shiners. Reg. Required: (925) 757-2620

SPRINGTIME IAUNT TO MURRIETTA FALLS

8am-4pm, Sat. Mar 26 Cat Taylor Explore the tallest waterfall in Alameda County as we discover the history and challenges of the Ohlone Wilderness Trail along this 13-mile round-trip hike. Be prepared for major uphill and

68

Reg. Required: (925) 862-2601 THE HILLS ARE ALIVE

10am-12:30pm, Sat, Mar 26 Sabrina Dussan With color, that is. Enjoy the beauty and discove the purpose of our local flora on a hike through the oak woodland and chaparral of Morean Terri tory in search of early bloome

Reg. Required: (925) 757-2620 VIEWS OF THE REGIONAL PARKS

Noon-3pm, Sun, Mar 27 Round Valley, Apr 3, 24 Morgan Territory, Apr 17 Black Diamond

of the East County! We'll revel in vast vistas of California and turn our gazes to the plants and hikes are sure to reward your efforts Reg. Required: (925) 757-2620

EARLY BIRDS

9:30-11am, Sat. Apr 2 #8785 Kristina Parkison Introduce your two-footed fledglings to the new knowledge to use and take a bird walk

Rev. Required: (510) 636-1684 CREEKS, PONDS, AND PUDDLES

9:30am-12:30pm, Sat, Apr 2 For more information on this and other classes and programs at the Botanic Garden, visit www. nativeplants ore

VERNAL VISTAS

3-4:30pm, Sat. Apr 2 Bethany Facendini Come admire the spectacular views while taking in the freshness of spring at Oyster Bay! Observe wildlife at this unique shoreline that was once a landfill. We will complete a loop trail at a leisurely pace. Bring field guides, water, and a

light jacket. NEWTS, VOLCANOS & WETLANDS

10am-1pm, Sun, Apr 3 Gail Broesder What do a volcano and a newt have in common? A wetland of course! To find out more and uncover other mysteries of Sibley Volcanic Preserve, join me for an exploratory walk. Expect some up and down hiking; dress for the weather. Bring a sack lunch and something to share. Light rain will shorten walk, heavy rain may cancel.

Info: (510) 521-6887 STRIDING INTO SPRING

Ilam-Ipm, Sat, Apr 9 Bethany Facendini
Just a few weeks past the vernal equinox, we will observe the first signs of spring on this regenerative walk. Discover new life in a variety Bethany Facendini of Sibley ecosystems from ponds to plateaus.

Reg. Required: (510) 521-6887 RIDGELINE WONDERS

10am-3pm, Sun, Apr 10 Ever wonder what life was like in the wilds of Oakland long ago? Why was this tranquil area called a "Suburb of Hell?" Join me today and explore the past, present, and future of this wonderful area. We'll explore Roberts Regional Rec. Area looking for signs of its past and present uses, and then take a quick look inside the Chabot Space and Science Center before heading home. 7+yrs.

Reg. Required: (510) 521-6887 FAMILY BIRD PROGRAM

10am-noon, Sat, Apr 16 Bethany Facendini Come learn birding in the redwood forest with the entire family. Explore the varied bird species that are an integral part of the forest ecosystem. We will begin our approximately 2.5 mile walk at Redwood's Redwood Bowl Staging Area. We have a few pairs of binoculars for loan.

Reg. Required: (510) 521-6887 REDWOOD RAMBLE

2-4pm, Sat, Apr 16 Bethany Facendini Immerse yourself in the magic of a redwood forest on an afternoon stroll. We will use all of

www.ebparks.org

our senses to explore the flora and fauna that thrive in this riparian corridor. We will start at Redwood's Canyon Meadow Staging Area for a 2.5-mile walk along the Stream and Bridle Trails.

Reg. Required: (510) 521-6887
MORNING RAMBLE AT LAS TRAMPAS

9:30an-1pm, Sun, Apr 17 Gail Broesder Hike through Las Trampas' chamise, chaparral and oak for breathtaking views, and much more. Learn how the plants and animals use spring to prepare for summer. This is a vigorous hike, with lots of ups and downs. 74yrs.

Reg. Required: (510) 521-6887 BOTANIZING CALIFORNIA 9:30am-12:30pm, Sat, Apr 23, 30 For more info on this and other classes and

programs at the Botanic Garden see visit www. nativeplants.org."

MORNING RAMBLE: REDWOOD

AND SAN LEANDRO RESERVOIR
9-30am-2:30pm. Sun., Apr 24 Gail Broesder
We'll go up and down and all around on this 10mile hike from Redwood Regional Park through
EBMUD lands to Upper San Leandro Reservoir.
Travel through multiple habitats including Chaparril and bay-oak woodlands. 7+yrs.

Reg. Required: (510) 521-6887 UNA ADVENTURA DEL LAGO

3-4:30pm, Sat, Apr 30 Bethany Facendini jecongan a una caminata bilingile sobre la ecología fascinante de lago! Una excursión de 2.5 millas con actividades de naturaleza para toda la familia. El programa comienza al puerto del lago, "Lake Chabot Marina." Para más información acerca de las caminatas, favor de comunicarse con Betania al Lei, (510) 521-6887.

FULL CIRCLE-FROM SEED TO SEED 9am-3pm, Mon-Fri, Jun 20-24 EDGETA A 5 day camp in the Botanic Garden. Activities relating to gardening, botany, and creatures of the garden through journal keeping, music, exploration and play, 6-8yrs.

Reg. Required: (925) 841-8732 Fee: \$180

FAX

#### **VOLUNTEER**

PUBLIC SAFETY
VOLUNTEER OPPORTUNITIES

On-going volunteer programs assist District staff in the delivery of essential services, including educating trail users about trail safety; assisting the helicopter with rescues; supplemential profice in partol activities and incident response. Certifications and/or training are required for some programs. FILOHT MEDICS, 5g. White, Info: (310) 785-3370. BICYCLE PATROL, HIK. NIG PATROL, COMPANION DOOF PATROL, MOUNTED PATROL, Patrick Balizzan, Info: (310) 544-3131.

PARK/TRAIL GUIDES

Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.)

Info: (510) 849-4663 OPERATIONS VOLUNTEERS

Join us in removing non-native plant species from the Regional Parks. Winter is the perfect time to make way for spring flowers. Meet interesting people and explore new parks. Wear sturdy shoes and dress for the weather. For information call Sharon Saffas at (925) 756-0195.

WILDLIFE VOLUNTEERS:

2pm:5pm, Sun, Feb 6, 20

Doc Quack
An exciting adventure over land and water to
help create and manage nesting habitat for the
State and Federal Listed endangered California
Least Tern. Make new friends, peer into the
world of wildlife, and earn your "Least Tern
Habitat Helper" patch. Parent participation
required. Wear outdoor clothing (long pants),
hiking boots, gloves, hats, water, and sunscreen.
Reg. Required. (510) 544-2340

WILDLIFE VOLUNTEER: FOREST OF THE FUTURE

2pm-5pm, Sun, Mar 6, 20 Doc Quack During this fun-filled opportunity you'll discover the "autty wildlife truths" about oak trees, and help the world breathe easier by tending and caring for trees at Coyote Hills. Each tree planter will receive a "Forest of the Future" patch. Parent participation is required. Bring the following personal protective items: outdoors clothing (long pants), hiking boots (closed-tiee footwear), gloves, hats and gloves, water, and sunscreen. Reg. Required; (510) 544-2340

WILDLIFE VOLUNTEERS: BREEDING BIRD BIOLOGISTS

6-8 am, Sun, Apr 3, 17

Doc Quack
Here is your opportunity to get "nose to beak"
with birds while "conduckting" real fieldwork to
help manage our feathered friends. We'll work in
a wet, muddy, and insect rich environment: wear
outdoor clothing (long pants), hiking/mud boots
(waterpool, gloves, hats, water, insect repellent,
and sunspress. Nage is limited.

Reg. Required: (510) 544-2340
CALIFORNIA TRAILS DAY

8:30am-1:30pm, Sat, Apr 23 Noonan Help with trail tread improvements, painting, tree planting, and habitat improvement. Tools provided. Wear sturdy shoes. Bring water, snacks and gloves. Lunch provided. No dogs, please.

Reg. Required: (510) 544-2515

EARTH DAY RESTORATION PROJECT

IDam-noon, Sat, Apr 23

Join other volunteers in helping to clean up our
beautiful bay shoreline! The Park District and the
California State Parks Foundation are co-sponsers of this special work effort. Volunteers will
remove trash debris and non-native vegetation
at Eastshore State Park. Bags and gloves are
available. Bring a shovel or pick if you have one.

Reg. Required: (510) 544-2515

#### VISITOR CENTERS

**ARDENWOOD** 34600 Ardenwood Blvd. Fremont, CA 94555-3645 (510) 796-0663

BLACK DIAMOND MINES 5175 Somersville Road Antioch, CA 94509 (925) 757-2620

BOTANIC GARDEN Tilden Regional Park Berkeley, CA 94708 (510) 841-8732

COYOTE HILLS 8000 Patterson Ranch Rd. Fremont, CA 94555-3502 (510) 795-9385

CRAB COVE VISITOR CENTER 1252 McKay Avenue Alameda, CA 94501-7805 (510) 521-6887

DEL VALLE 7000 Del Valle Road Livermore, CA 94550 (925) 862-2601

(925) 862-2601 **GARIN** 1320 Garin Avenue Hayward, CA 94544-6822

Hayward, CA 94544-682 (510) 795-9385 SUNOL-OHLONE P.O. Box 82 (on Geary

Road) Sunol, CA 94586 (925) 862-2601

TILDEN NATURE AREA

Environmental Education Center (EEC) at Tilden Regional Park Berkeley, CA 94708 (510) 525-2233

SWIM FACILITIES

LAKE ANZA Tilden Regional Park Berkeley, CA 94708 (510) 843-2137

CONTRA LOMA 1200 Frederickson Lane Antioch, CA 94509 (925) 757-0404

CULL CANYON 18627 Cull Canyon Road Castro Valley, CA 94552 (510) 537-2240

DEL VALLE 7000 Del Valle Road Livermore, CA 94550 (925) 373-0332

DON CASTRO 22400 Woodroe Ave. Hayward, CA 94541 (510) 538-1148

QUARRY LAKES 2250 Isherwood Way Fremont, CA 94535

ROBERTS POOL 10570 Skyline Blvd. Oakland, CA 94619 (510) 482-6028

SHADOW CLIFFS 2500 Stanley Blvd. Pleasanton, CA 94566 (925) 846-3000 LAKE TEMESCAL

6502 Broadway Terrace Oakland, CA 94610 (510) 652-1155

## REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory, Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed, check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN; Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2595 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

BY PHONE: Phone registration requires a credit card. Call the Reservations Office between 8:30 a.m. and 4:30 p.m. Mondays through Thursdays (8-5 in April), and 8:30 a.m. and 4 p.m. on Fridays (8-4 in April). The Office is closed on weekends and holidays. Please call the phone number for your area:

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have fee assistance funds available for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15. Returned Check charge.

CREDIT CARDS: VISA

VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info. CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at least seven days prior to the class or program. Failure to notify the Reservations Office at least seven days in advance of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available less than 14 days prior to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.

East Bay Regional Park District Attention: Reservations 250 Peratrat Oaks Court, P.O. Box 5381 Oaktand, CA 94605-0391 PAX (510) 635-5502  Master Card  VISA  Address  Amount \$  Expiration date  () Day phone Night phone  February-April 2005 Mail-in Registration: www.ebparks.org/event Make checks payable to: EBRPD  Address  Amount \$  Expiration: www.ebparks.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/events.org/e			events	Sun Long Bericks John Bericks Berick		
Participant's Name	Birthdate	Class Title	Code	Date	Fee	King Jr. Shoreine Canyon District Tasselars Canyon Oyster
	Month/Day/Yr	First Choice				San San Garin Garin
		Second Choice				Bay Hayward Shoreline Creek Dry Del Valle
		First Choice				Hisywillo Pioned Alameda Creek
		Second Choice				Quartes
Day Camp Scholarship Fund – provides subsidized day camp experiences for inner-city youth. (Optional) \$1 Subscribe to this publication (Regional in Nature) (Optional) \$5					Covering Affeitycood Hisson Chlone From Wisson Peak	
Submit	additional registra	itions on an attached sheet		Total	\$	Monument Peak William
Signature required			_ Date_	-		Hast Bay Regional Trails
Parent or gu	ardian if under 18					East BAY REGIONAL Major Regional Trails
Please check here	if you are disable	d and in need of special accor	nodations			
How did you hear about our program	ns? 🗆 TV 🗀	Newspaper	enter 🗆 F	Radio	Other	1
Office Use Amount paid	Check no./cash	Register no.	Staff	initials_		

ABC Radio Disney and the East Bay Regional Park District Invite You To

# 2nd Annual Walk In The Park

FAMILY HEALTH AND LIFESTYLE EXPO!

Saturday, April 30, 10 a.m. to 3 p.m. Quarry Lakes Regional Recreation Area Fremont, CA.

This event will offer healthy ideas, activities, and entertainment for families all over the Bay Area, including

Interactive Sports Seminars
Bay Area Professional Athletes
Skateboarding Half-Pipe Showcase
LIVE Concert by Radio Disney Artists
Games and Rides
Interactive Displays and Exhibits

If you are an exhibitor and would like to participate, please call Carol Johnson at (510) 544-2206

KGO Radio will broadcast LIVE with Health and Fitness Guru Joanie Greggains Visit our Web site at www.ebparks.org for more information













East Bay Regional Park District 2950 Peralta Oaks Court Oakland, CA 94605-0381